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AUTHOR OF THE WORLDWIDE BESTSELLER STOP BEING YOU

THE PLACEBO IS YOU

Joe Dispenza

The placebo is you

Discover the power of your mind

URANUS
Argentina - Chile - Colombia - Spain
United States - Mexico - Peru - Uruguay - Venezuela

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The author of this book does not offer medical advice or recommend the use of any technique as a treatment for physical or medical problems without the advice of a professi professional of medicine, whether directly or indirectly. It is only intended to provide i tion of a general nature to assist in the search for emotional and mental well-being spiritual. In the event that readers use any information from this book, which they are fully entitled to do, neither the author nor the publishers are responsible of the actions of such persons.

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For my mother,
Francesca

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Prologue

Like most of your fans, I look forward to reading your thought-provoking ideas.
by Joe Dispenza. The solid scientific evidence he offers us com-
combined with its stimulating and profound insights, broadens the
horizons of what is possible by expanding the boundaries of what is known. Dis-
Penza takes science more seriously than most people do.
scientists and in this fascinating book draws a logical conclusion from the
latest discoveries related to epigenetics, plasticity
neuronal and psychoneuroimmunology.

This conclusion is very exciting: you, like everyone else, are mol-
deceiving your brain and your body with the thoughts you have, the emotions you
tions you feel, the intentions you hold, and the transcendental states
dental problems you experience. The placebo is you, inviting you to apply these
knowledge to change your body and your life.

This is not a metaphysical proposal. Dispenza explains each link.
of the chain of causality that begins with a thought and ends with
a biological fact, such as an increase in the number of stem cells or

immune proteins that circulate through your bloodstream.

At the beginning of the book he tells us about an accident that injured six of his spine.
vertebrae of the spine. Suddenly he was forced to put into practice
tica what he believed in theory: that the body has an innate intelligence do-
possessed of miraculous healing power. The iron discipline he applied to
The process of visualizing the regeneration of your spine is a story that
highlights the power of inspiration and determination.

These kinds of stories of spontaneous remissions and cures
"miraculous" are very stimulating; however, what Joe shows us

In this book, we can all experience this type of healing.
miraculous. Renewal is found in every tissue of our body,
and degeneration and disease are the exception rather than the rule.

Once we understand how the body renews itself, we can begin
begin to master these physiological processes by intentionally directing
you the hormones produced by our cells and the proteins that
create, the neurotransmitters they generate and the neuronal pathways through which they
that send the signals. The anatomy of our body instead of per-
static state changes from one moment to the next. Every second the
brain is changing due to the creation and destruction of co-
neural connections. Joe teaches us that we can direct this process
with our intention when we get behind the wheel, a very powerful role,
instead of playing the passive role of the passenger.

The discovery that the number of connections in a neuro-bundle
nal can bend through repeated stimulation revolutionized the
world of biology in the 1990s. And it earned its discoverer,
Nobel Prize-winning neuropsychiatrist Eric Kandel. Kandel also discovered
He explained that if we do not use neural connections, they begin to re-
produce in just three weeks. So we can shape our brain
bro through the signals we send through neural networks.

In the same decade that Kandel and other experts were carrying out mea-
of the neuroplasticity of the brain, other scientists discovered that
There are very few genes that are static. The majority (75 to 85%)
percent on average) are deactivated and activated by the signals
of the environment, including thoughts, beliefs and
emotions that we cultivate in our brains. Among these genes,
immediate early expression genes (IEGs)
genes) take only three seconds to express. IEGs are usually genes
regulators, that is, they control the expression of hundreds of other genes and
of thousands of other proteins in remote locations throughout the body. This class of
Broad and rapid changes constitute a plausible explanation for al-
some of the radical cures described in this book.

Joe is one of the few authors who understands the role of emotions
nes in transformation. Negative emotions can be literal-

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mind an addiction to high levels of stress hormones, such as cor-
tisol and adrenaline. Stress and relaxation hormones, such as
DHEA and oxytocin have set points, which explains why
that we feel bad in our skin when we have thoughts or
beliefs that make us lose the hormonal balance we have
accustomed. This idea coincides with the scientific interpretation of the
addictions and drives.

By changing your inner state, you change your outer reality. Joe explained
The chain of events that begins with the intentions is wonderful
tions, originating in the frontal lobe of your brain, and then tra-
produce as neuropeptides, the chemical messengers that send signals
by the body by activating or deactivating genetic mechanisms. Al-
Some of these chemicals, such as oxytocin, the "love hormone,"
"affection" stimulated by physical contact, is linked to feelings
moments of love and trust. Through practice you can learn to adjust
quickly take your reference points for stress hormones and
healing hormones.

The idea of being able to self-heal by simply converting a thought
in excitement you may be shocked at first. Not even Joe expected to reap
the results he began to observe in the students of his workshops when
They applied these ideas: spontaneous remissions of tumors, patients in wheelchairs
of wheels that suddenly walked and migraines that disappeared like
By magic. With the joyful heart and flexible mind of a child
playing with experimentation, Joe began to push the boundaries, asking-
I know how quickly a radical cure could occur if one applied the
placebo effect of the body with absolute conviction. The placebo is you, the
title of the book, reflects that your thoughts, emotions and beliefs are the
that activate a chain of physiological reactions in your body.

You'll feel uncomfortable reading this book at times. But keep going.
since this discomfort is nothing more than your old self protesting about the
inevitable transformative change that you are experiencing and for the al-
alteration of your hormonal setpoints. Joe assures us that
These feelings of discomfort are nothing more than the biological sensation
that produces the disintegration of the old self.

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Most of us don't have the time or the inclination
to understand these complex biological processes: that's why this book is
so useful. Joe thoroughly investigates the scientific facts surrounding

to present them to us in a comprehensible and understandable way. It deals with
do the heavy lifting to give us elegant and simple explanations
llas. Using analogies and real-life cases, he shows us how to apply
exactly these discoveries in our daily lives and we are excited
brings with examples the spectacular progress related to health
of those who took them seriously.

A new generation of researchers has coined a term
for the method Joe describes: self-directed neuroplasticity (or SDN,
from the English self-directed neuroplasticity). The term means that you are
the one that directs the creation of new neural pathways and the destruction of
other ancient ones through the quality of the experiences you cultivate.
I think in the next generation SDN will become one of the
most powerful concepts in personal transformation and neuro-
biology, and the present work will be at the forefront of this movement.

In the meditation exercises in the second part of this book, the
metaphysics becomes a concrete manifestation. You can do this-
these meditations easily living first hand the immense
possibilities of being your own placebo. The goal is to change your beliefs
insights and perceptions about your life at a biological level so that the future de-
wish to materialize in your life.

Embark on this fantastic journey that will broaden your horizons.
that is possible and will challenge you to greatly improve performance
of your body and your health. Give yourself over to the process with enthusiasm and let go
stop thoughts, feelings and reference points
biological that have been limiting you, since you have nothing to per-
der. If you believe in your ability to bring out your greatest potential and act
Full of inspiration, you will become the placebo that will create a future
happy and healthy for both you and the planet.

Dawson Church, Ph. D.
Author of The Genius in Your Genes

Preface
The awakening

I never sought to do the work I do as a lecturer,
author and researcher, she was the one who found me. Some need-
We need to receive a wake-up call. In 1986 I received the
mine. One beautiful April day in Southern California I had the privilege of
being hit by an SUV during a Palm Springs triathlon. That
moment changed my life and made me embark on this journey. At that time
At the time I was 23 years old and had recently opened a chiropractic office.
I was practicing in La Jolla, California, and had been training hard for months.
for that triathlon.

When I suffered the accident I had finished the swimming stage and was-

I was just starting the bike race. When I reached a dangerous curve
where I knew I would join the traffic, a policeman with his back to the co-
A few passing ches signaled me to turn right and in-
join the road. As he sped around the curve
two cyclists without taking their eyes off him, a red Ford Bronco that was almost
At 90 kilometers per hour he hit me from behind. I was catapulted
the air and fell heavily to the ground on my back. Due to the speed
from the SUV and the slow reflexes of the old woman who was driving it, I saw
the few seconds that were going to be upon me and I grabbed the para-
crashes to avoid getting caught between the metal and the asphalt. The to-
doterreno dragged me along the road for a while until the driver
realized what was happening. When he finally stopped suddenly, I rolled off
along the ground uncontrollably for 18 meters.

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I still remember the sound of the bicycles moving towards me like a rocket.
two and the horrified screams and curses of the cyclists as they passed
on my side, not knowing whether to stop to help me or continue running.
As I lay on the ground all I could do was surrender to the
moment.

Shortly after I discovered that I had broken six vertebrae: I had frac-
compression tunings in the octave, ninth, tenth, eleventh and twelfth
ma thoracic vertebrae and the first lumbar vertebra (from the shoulder blades)
cough up to the kidneys). The vertebrae are stuck together like blocks
individual in the column and when hitting the ground with force they
were crushed and crushed by the impact. The upper part of the eighth vertebra
My chest brace collapsed by 60 percent when it fractured and the arch that
contains and protects the spinal cord broke, taking the form of
a donut. When a vertebra is compressed and broken, the fragments
The bones have to go somewhere, in my case a good amount
ended up in the spinal cord. The situation was not at all encouraging.

As if I was living a nightmare, the next morning I
I woke up with a pile of neurological symptoms: different kinds of do-
lor, varying degrees of dullness, tingling sensation, certain
numbness in my legs and some problems controlling my
movements, which made me think the worst.

After undergoing all the tests, x-rays, and CT scans in the hospital
and MRI needed, the traumatologist showed me the results and gave me the
news with a somber tone: to contain the bone fragments that in
those moments were in the spinal cord they had to operate on me and
implant a Harrington rod. That is, they had to cut the
posterior part of the vertebrae from two or three segments per en-
above and below the fractures and nail and clamp two
30-centimeter steel bars on each side of the column. Then I
They would take out several fragments of my hip bone and attach them to me.
over the bars. It would be a major surgical intervention, but at

less would allow me to walk again. Still, I knew that probably-
mentally I would be disabled and would have to live with chronic pain
the rest of my life. Needless to say, I didn't like this option.

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But if I decided not to have surgery, it was possible that I would become paralyzed.
The best neurologist in the Palm Springs area, who agreed with the opinion
The traumatologist told me that he didn't know of anyone in the entire United States.
to a single patient with an injury like mine who would have refused to
have surgery. Since my eighth thoracic vertebra had been crushed, ad-
wanting the wedge shape from the impact, my spine would not support the
weight of my body as I stood up. The spine would sink,
The fragments of the broken vertebrae would become further embedded in the bone.
spinal cord injury and I would be instantly paralyzed from the chest down.
This option was not too attractive either.

I was transferred to a hospital in La Jolla, the closest to my home,
where I received two more opinions, one of which was from a major traumatologist
Southern California logo. Naturally, both doctors agreed.
that I should have the Harrington rod implanted. They agreed.
given the prognosis: if I didn't have the operation, I would be paralyzed and never returr
I would never walk again. If I had been a doctor I would have too
advised the same. It was the safest option. But that was not the op-
tion that I chose.

Maybe at that time in my life I was young and bold, but I decided to go
against the medical model and the recommendations of experts.
He believed that in every person there is an intelligence, an invisible consciousness.
possible that gives us life, supporting us, maintaining us, protecting us and
healing us at every moment. Such intelligence creates almost one hundred trillion
of specialized cells (starting from only 2), makes the heart
beats hundreds of thousands of times a day and organizes hundreds of thousands of reactior
chemical reactions in a single cell every second, among many others
amazing functions. I concluded that if that intelligence was real and
He showed such abilities with such a helpful, attentive and spirit
affectionate, maybe I could stop focusing on the outside world and em-
start looking inside myself to connect with that intelligence and establish-
have a relationship with her.

But even if I understood intellectually that the body often
is able to heal, at those times he had to apply everything he could
knowledge to take that knowledge to the next level and even super-

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to produce an authentic healing experience. And as in the
conditions I was in, I couldn't go anywhere or do anything,

except for lying face down, I decided to do two things. The first was
that every day I would focus on that intelligence that lived within me and en-
I would recommend a plan, a template, a vision with very specific orders.
tas, and then I would let that superior mind endowed with unlimited powers
take charge of my healing, so that he could do it for me. And the second was
that I wouldn't let any thought come into my head that wasn't
I would like to have. It seems easy to do, right?

A radical decision

Even though the medical team in charge of my case told me to
counselor, I left the hospital and went by ambulance to the home of two in-
my friends where I stayed for the next three months to
focus on my healing. I set myself a mission. I decided I would start
every day to rebuild my spine, vertebra by vertebra, and I would show
that consciousness, if it paid attention to my efforts, what I wanted to achieve
Tsar. I knew I would have to remain in a state of presence, that is-
that is, living in the present instead of thinking about the past or regretting it.
what happened, worrying about the future, obsessing over the con-
conditions of my external life or focusing on my pain or symptoms.
Just like in any relationship we have, we all know
when someone is present or not when interacting with us, right?
Since consciousness is attention, and attention consists of noticing things,
sas, and to notice things is to be present and notice everything, that conscience-
would know when I was present and when I was not. By interacting
dealing with her would have to remain in the present. My state of
presence would have to be like yours, my will would have to coincide-
do what he wants, and my mind would have to agree with his.

So twice a day, for two hours, I would look into
my interior and create an image of the result I wanted: a column-
completely rebuilt. I noticed how unconscious and unfocused

that was. It's funny. I suddenly saw that, when we were faced with a
crisis or trauma, we invest too much attention and energy thinking
in what we don't want instead of what we do want. During that
The first few weeks I was showing that tendency all the time.

In the middle of meditation, while I was creating the life I wanted-
with a completely rebuilt column, suddenly realized that
I had been distracted thinking about what the traumatologists had told me.
I had said several weeks ago that I would probably never walk again.
nar. While trying to rebuild my spine, I found myself stressing
I was thinking about whether or not I should sell my chiropractic practice. Or when
I was mentally reviewing, step by step, that I was walking again,
I would catch myself imagining what it would be like to spend the rest of my life in a cha

on wheels, I guess you know what I mean.

Every time I got distracted and a thought came to my head that
I didn't want to, I started over and imagined what I wanted to achieve
again. It was a tedious, frustrating, and, to be honest, one of the most
the hardest things I've ever done in my life. But I concluded that the ima-
decisive gene that he wanted the observer who lived in to notice
I had to be clear, unpolluted and constant. For that intelligence to be realized-
Zara what I wanted—and knew I was capable of doing—had to be
fully aware at all times instead of being distracted.

In the end, after struggling for six weeks with myself
myself and trying to be present with that awareness, I managed to do the
internal process of rebuilding my spine without having to stop
to start over. I remember the day I first got it:
It was like when something finally works out perfectly. I knew I had succeeded.
with mine. The feeling was very unique. Unmistakable. And I felt
Full, satisfied, and complete. For the first time, I was truly relaxed.
and present in body and soul. I had stopped chattering inside,
to analyze, to think, to obsess, to try to achieve something, and feel-
you a kind of peace and silence. It was as if I no longer cared about any-
One of the things in my past and future that I had been thinking about
worrying so much.

And as he understood this, the journey he had undertaken gained more strength.

still, because it was becoming easier for me to create the vision
of what I wanted, rebuilding my vertebrae. And most importantly
is that I began to notice some very significant physiological changes.
That's when I started to associate what I was doing with
within me to create that change with what was happening outside of me,
in my body. As soon as I related it, I paid even more attention to what
I was doing it and I did it again and again with more conviction. That's why
I did it with joy and inspiration rather than fear and insecurity. And
Suddenly I was able to shorten the meditation session that was taking me from
two to three hours.

Since I had a lot of time at that time, I started to think
dream about what it would be like to watch the sunset from the shore again.
sea or lunch with my friends in a restaurant, and how from
then I would value all those things. I imagined in great detail all
I run a shower and feel the water slide down my face and neck,
or simply sitting on the toilet, or walking along the beach in San Diego
go, feeling the wind on my face. These were some of the things I hadn't
never valued before the accident, but at that time they were very
important to me and I spent some time accepting them emotionally
until you experience the sensation of doing them again.

At that time I didn't know what I was doing, but now I do:
I was starting to think about all those future possibilities that I already
existed in the quantum field and emotionally accepting each of
them. And as I chose that future for myself and combined it with the
emotion I felt when living it, my body began to believe in the present
that I was already experiencing. As my ability to ob-
serving my desired destiny improved day by day, my cells began to
reorganize. I started sending new signals to new genes and then
That's when my body really started to improve faster.

What I was learning is one of the fundamental principles
of quantum physics: mind and matter are not two distinct elements, and
our thoughts and feelings, both conscious and unconscious
Scientific are the plans that determine our destiny. Tenacity,
conviction and concentration to manifest any future possibility

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ture is found in one's own mind and in the minds of potential in-
finite of the quantum field. These two minds act in unison to
materialize any possible reality. I understood that in this sense
We are all divine creators, regardless of our race,
sex, culture, social position, education, religious creed or even the
mistakes made. For the first time in my life I felt like a person
very lucky.

I made other important decisions about my recovery. I followed a
regimen (I describe it in detail in Develop Your Brain), which included
a healthy diet, visits from friends of mine who practiced healing
energy and an elaborate rehabilitation program. But in that
the most important thing for me at that time was to get in touch with that intelligence
agency that existed in me and, through it, use my mind to heal my
body.

Nine and a half weeks after the accident I got up and went back to work.
carry on with my normal daily life without resorting to casts or interventions
surgical operations. I had fully recovered. After ten weeks
I started to take care of my patients, and at twelve o'clock I started training and gettir
I started lifting weights while continuing my rehabilitation. And now, almost thirty
Years after the accident, I can honestly say that since then
I've barely had any back pain.

My passionate dedication to research

But that wasn't the end of my adventure. Naturally, I couldn't return.
to the same life I had been leading until then because I had-
had changed in many ways. I had just perceived a reality that
None of the people I knew could understand. I couldn't go on

associating with many of my friends or continuing to wear the same
life as usual. What was once so important to me is no longer
I cared. And I started asking myself fundamental questions like:
"Who am I?" "What is the meaning of life?" "Why have I come to
this world?" "What is the purpose of my life?" and "What or who is

God?" Soon after I left San Diego to move further north and
I ended up opening a chiropractic clinic near Olympia, in the state
from Washington. But at first I spent most of my time
removed from the world studying spirituality.

As time went by I became very interested in remi-
spontaneous sessions, in which people were cured of an illness
serious or terminal or irreversible illness without the help of procedures
medical procedures such as surgical interventions or medications
ments. While I was recovering, on those long, lonely nights
in which I couldn't sleep a wink I made a deal with that conscience and pro-
I decided that if I could walk again I would spend the rest of my life studying and
investigating the connection between mind and body, and the concept of
power of mind over matter. And ever since then that has been what
I have been doing this for almost the last three decades.

I traveled to different countries looking for numerous people with illnesses.
measures that after having resorted to conventional medicine or al-
alternative without experiencing any improvement or even worsening,
suddenly had improved. I began interviewing them to find out what
similarities were in their experiences and find out and document what it was
what had made them improve, because my passion was to unite science with
spirituality. I discovered that in all these cases the mind had de-
played a very important role.

The scientist in me started to get interested in it and I became
even more curious. I returned to university classes, I dedicated myself to es-
study the latest neuroscientific research, and conducted studies of
postgraduate courses specializing in brain mapping, neuroplasticity, epige-
netics and psychoneuroimmunology. I concluded that now that I knew why
that those people had improved and that he knew everything about science-
ability to change one's own mind (or so one believed), one should be able to
apply this knowledge to both sick and inactive people
healthy people who wanted to make changes to not only improve their health, but
also their relationships, their professional career, their family life and their existence
power in general.

At that time I was invited to be part of the 14 scientists and

researchers who would participate in the 2004 documentary And you what?
You know!? That movie, which became a huge success overnight
tomorrow, invited viewers to question the nature of
reality and check in your own life if your "observation" works-
naba or, to be more exact, if it materialized. All over the world
talked about the film and the concepts it advocated. After
that great success, in 2007 I published my first book Develop your brain
rebro: the science of changing your mind. After a while of having done it
published, people started asking me, "How can I do this?
"How can I change and create the life I want?" That question is
It soon became the most common.

So I gathered a team and started giving workshops all over the country.
United States and abroad on the formation of connections
neural and how to reprogram our thoughts through
neurophysiological principles. At first, these workshops consisted of
especially in sharing that kind of information. But people wanted
learn more things and decided to add the meditations to synergize and
complement the information by offering participants the pa-
you are practical to change your mind and body, and also as a result-
tado, his life. After giving my introductory workshops in different
parts of the world, participants asked me: "And now what vie-
"What next?" And I started giving other introductory workshops of a
higher level. After attending them, students would ask me if I could give
other more advanced workshops. That happened to me in most places
where he taught them.

I still thought that was it, that I had already taught them everything.
how much I knew, but since people kept asking me to teach them
more things, I continued researching and perfecting the presentations and the me-
dictions. These workshops were gaining strength and also had
very good reception, the attendees learned to leave some of their habits
self-destructive bits and lead a happier life. Although my colleagues
and I would have only seen small changes so far - nin-
none was important—the attendees loved the information that
received and wanted to continue applying it. So I kept going where-

they invited me. I told myself that when they stopped inviting me I would know that my
mission was over.

A year and a half after giving our first workshop, my team and
I started receiving several emails from our participants
pantes commenting on the positive changes that had occurred to the ha-
to do the meditations daily. Many things had begun to happen to them
changes in their lives and were delighted. The favorable responses
that we were receiving from people throughout the following year called us-
gave attention to both me and my team. The participants of our

other workshops began to tell us that they had not only noticed changes
subjective in their health, but the parameters of their analyses also
had improved. Sometimes the clinical analyses even reached normal levels.
lyze. These people had managed to reproduce the same physical changes
physical, mental and emotional that I had studied, observed and, therefore,
last, described in Develop your brain.

Witnessing those kinds of changes excited me because I knew that
Anything that is repeatable eventually becomes a scientific law.
fica. Many people sent me emails headed by the same
phrase: "You won't believe this..." And these changes were not accidental.

That same year some surprising events began to occur.
in the two workshops I gave later in Seattle. In the first, a woman
with multiple sclerosis (MS) who moved around with a walker
mined the workshop while walking around without using it. And in the second, another woman
After ten years of suffering from multiple sclerosis, he started walking.
around the room stating that the paralysis and numbness of his left foot
left had disappeared. (In the following chapters I narrate the cure-
tion of these women and other participants in my workshops.) After pe-
My students tell me, in 2010 I gave a more advanced workshop in Colorado
in which participants reported that they began to feel better
right there. They stood up, took the microphone and told stories
very inspiring.

At that time I was also invited to give a number of talks.
entrepreneurs on the biology of change, the neuroscience of leadership
trait and the concept of how transforming ourselves at an individual level

transforms a culture. After giving a keynote address at a parti-
cular to a group of businessmen, several executives asked me to
adapt the ideas for a corporate transformation model.
so I created an eight-hour course designed to
companies and organizations, and it was so successful that it led us to create a
business course we call "30-Day Genius." I was
I covered working with representatives of companies like Sony Enter-
tainment Network, Gallo Family Vineyards, the telecommunications company
WOW! Communications (originally called Wide Open West) and many
others. And I ended up privately advising senior executives.

Our business courses were so successful that I started to
train instructors. We currently have more than thirty instructors
active leaders, including former CEOs,
corporate advisors, psychotherapists, lawyers, doctors, engineers and
professionals with doctorates who travel around the world teaching
this transformation model to different companies. (Now planning-
We begin to train independent instructors who wish to apply
this model of change to its own customers.) At no time is

It crossed my mind that I would live this kind of future.

I wrote my second book Stop Being You: The Mind Creates Reality, pu-
Published in 2012, to put into practice what was explained in Desarrolla
your brain. In it, in addition to explaining more things about the neuroscience of
change and epigenetics, included a four-week program in the
which described step by step how to make these changes based on the
workshops that I gave at that time.

Later I taught another more advanced workshop in Colorado in which
Seven spontaneous remissions of various ailments occurred. A woman
who only ate lettuce because of his severe food allergies
cured that weekend. Other attendees were cured of intolerance
gluten, celiac disease, thyroid problems, chronic pain
intense and other disorders. Suddenly I began to see important changes
tants in the health and lives of attendees while they were isolated from their
usual reality to create a new one. It was happening before my very eyes.

Information about the transformation

The 2012 Colorado workshop was a defining moment in my career.
because I finally saw that I wasn't just helping people feel better-
Jor, but they were also sending new signals to new genes
right there during the meditations, in real time, in an important way
tante. For someone who has been suffering for years from an en-
disease like lupus is cured in a meditation session of a
hour means that something important must have happened in your mind and
in her body. I wanted to find out how I could record those changes
while they were in the workshops to see exactly what was happening.

So in early 2013 I gave a groundbreaking workshop in Arizona on
four days long that took my seminars to a new level.
More than two hundred people signed up and I invited him to a team of in-
researchers made up of neuroscientists, technicians and quantum physicists
equipped with specialized instruments. The experts recorded the
electromagnetic field of the room where it was carried out to see if the
energy changed as the workshop took place. They also recorded
the energy field that radiated from the body of the participants and the
energy centers of their bodies (also called chakras) to see
if they were influencing them.

Equipment and procedures were used to collect these records.
very sophisticated: electroencephalographs to record electrical activity
brain anaesthetics, quantitative electroencephalograms (QEEG) to analyze
computerize EEG data, heart rate variability
diaco (HRV, from the English heart rate variability) to document the
variations in the intervals between beats and car- coherence

diaca (a measure of heart rate that reflects communication between
the heart and brain), and gas discharge visualization (GDV, of the
English gas discharge visualization) that allows you to see the changes in the
bioenergetic field of a person.

We scanned the brains of many of the participants before and after
after the workshop to be able to see what was happening in the world in-
back of your brain and we also randomly chose other participants to

try to record any changes in brain patterns over time
real during the three daily meditation sessions that I led. It was
a big event. A person with Parkinson's disease stopped
suffer from tremors. Another with a brain injury was cured. Participate-
patients with tumors in the brain and body discovered that these ha-
had disappeared. Many people with arthritic pain felt a
great relief for the first time in years. Those cures were only some-
of the many profound changes that occurred.

During this amazing workshop we were finally able to document the chan-
bios objectives in the scientific field of records and document the
subjective changes reported by participants regarding their health.
I don't think it's an exaggeration to say that what we observe and record-
mos marked a milestone. Later I will show you, by sharing some of
These stories of ordinary people doing extraordinary things,
that you are capable of doing.

I had conceived this workshop to offer participants the information
scientific information and the instructions necessary to apply it, as well as
could experience a great personal transformation. At last,
After all, science is nothing more than the contemporary language of mysticism.
mo. I had learned that as soon as you start speaking in the language
of religion or culture, and to cite tradition, participants are
They divide. But science, on the other hand, unites them and demystifies the mystical.

And I had discovered that if I taught the audience the scientific model-
typic of transformation (including a bit of quantum physics
to help them understand the science of possibilities), and combine it
naba with the latest discoveries in the field of neuroscience,
neuroendocrinology, epigenetics and psychoneuroimmunology, and
If he also offered them the appropriate instructions and the opportunity
To apply this information, they would undergo a transformation. And
if he did it in a place where such transformation could be recorded-
real-time information, those records would be converted into more information
that you could use to teach participants more about the
transformation they had just experienced. And with this information-
tion could have another, and so on, until they managed to close

the gap between what they think they are and what they actually are —creators
divine—to make it easier for them to continue doing so. I called
This concept of "information for transformation" has now been
become my new passion.

I currently teach introductory seven-year courses online.
hours and I also teach nine or ten workshops a year at different levels-
three-day workshops, and one or two advanced five-day workshops
days, in which the scientists I have mentioned come with their team to
record brain changes, changes in heart function,
changes in epigenetic expression and energy changes over time
real. The results are astonishing and constitute an essential part of
cial of this book.

Introduction

Make your mind matter

The incredible results I have witnessed in my advanced workshops and
The scientific information they generated led me to the idea of place-
bo: how we improve by taking a sugar pill or receiving an in-
saline injection, believing in something outside of us.

I started to wonder, "What if we believed in ourselves instead?"
gar de in something external? What if we believed that we could change something
our interior and acquire the same state of being as someone who takes
a placebo? Isn't this what our workshop participants
have been doing to improve? Do we really need to take
a pill or an injection to change our state of being?
Can people be taught to get the same result by showing them
"How does the placebo work?"

After all, preachers who handle poisonous snakes
and take strychnine without any biological effect.
certainly changed your state of being, right? (In the first chapter ex-
explain this phenomenon in more detail.) If we were to record what happens in
the brain and study all this information, could we teach them
to others to heal themselves without resorting to something from outside, without a placeb
Teach them that one is the placebo? That is, could we agree
make them believe that instead of believing in what is known, like in a pill
sugar or saline injection, they may believe in the unknown and ha-
make it become known?

This book is about it, it empowers you to realize that within

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You already have all the biological and neurological mechanisms to achieve it. My goal is to demystify these concepts with new science company of how things really are so that many more people can change their inner state and thus make positive changes in their health and in your outside world. If it seems too unbelievable to be true True, as I've pointed out before, towards the end of the book you'll see some research from our workshops that will show you exactly exactly how this is possible.

What the book is not about

I would like to clarify what this book is not about in order to avoid from the any misunderstanding. In it I do not analyze the ethical aspect of the use of placebos in medical treatments. There is a great deal of controversy mica on whether or not it is ethical to treat a patient who is not part of a medical study with an inert substance. Although in a conversation A broader discussion on placebos would be worth discussing whether the end justifies This kind of media, this topic has nothing to do with the message that the book wants to convey. The placebo is you, try to sit behind the wheel. so that you can make your own changes and not whether it is correct or not that someone makes you do it without you knowing.

This book is not about denial either. None of the methods that I will introduce you to denying your health status. On the contrary, try to transform your illnesses and ailments. What interests me is record the changes that someone experiences when they go from being in- sick to be healthy. The placebo is you is not about rejecting reality, but about projecting what is possible when you enter a new reality.

You will find that your analytics results will tell you if what you you're doing works. As soon as you see the effects you've created, you can you have to look at what you did to get to that result and repeat it. And if you do it what you are doing is not working for you, it is time to change until you believe the desired effects. This is what combining science with spirituality

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actuality. On the other hand, denial is not seeing the reality of what is occu- laughing inside and outside of you.

This book also does not question the efficiency of the different methods curative. There are many different methods and a large part of them are They work wonderfully. They all produce some kind of beneficial effect. so perceptible in at least some people, but in this book my ob-

The objective has not been to classify them, but to present to you the method that I found has caught the attention: healing yourself through thoughts ments. I encourage you to continue using any of the methods curatives that work for you, whether prescription drugs, interventions, surgical operations, acupuncture, chiropractic, biofeedback, massage therapeutic, nutritional supplements, yoga, reflexology, medicine energetic, sound therapy or any other. The placebo is you not rejecting Do not use any of these methods, except for the limitations that you yourself impose. you impose.

What will you find in this book?
The placebo is you is divided into two parts:

The first part offers you all the knowledge and information necessary to understand what the placebo effect is, how it works in your brain, bro and your body, and how to create with your thoughts the same kind of miraculous changes in your brain and body.

Chapter 1 presents you with several incredible stories that demonstrate the amazing power of the human mind. Some have to do with people who healed themselves with their own thoughts, and others with per- people who became ill because of them (in some cases even to the point of die). You will learn the story of a man who died after being heard that he had cancer, although the autopsy later revealed that it was They had made a mistake in diagnosing her. That of a woman who was carrying decades suffering from depression that greatly improved upon participation

pair in a clinical study on antidepressants, despite having been affected the placebo group. And that of a handful of war veterans who osteoarthritis patients who were cured by means of fake surgery on your knees. You'll even hear some surprising stories about voodoo spells and snake manipulators. My purpose in com- Sharing these stories with you is showing you the wide range of phenomena that the human mind is capable of provoking without resorting to medicine modern cinema. And I hope that when you read them you ask yourself: "How is it possible this?"

In Chapter 2 you will find a brief history of the placebo, from the scientific discoveries of the 1770s (when a doctor Viennese co used magnets to induce what he believed were seizures therapeutics), until modern times, as neuroscientists cos are solving exciting mysteries about the complexities of the functioning of the mind. You will meet a doctor who developed the hypnotism techniques after arriving late to an appointment and finding yourself

his patient gazing fascinated at the flame of an oil lamp,
to a World War II surgeon who administered injections
saline solutions as a painkiller to wounded soldiers when they were left
without morphine, some Japanese researchers specializing in psych-
coimmunology that, by replacing poison ivy leaves with
harmless leaves, they found that study participants reacted
They responded more to what they were told they were going to feel than to what they exper
they were really lying.

You will also see how Norman Cousins cured himself by swelling up
laugh, how Harvard researcher Dr. Herbert Benson reduced the
risk factors of patients with heart disease by discovering the effects
cough of transcendental meditation, and how the Italian neuroscientist Fa-
Brizio Benedetti, after first administering to the subjects of his research
tion a drug which he then substituted with a placebo, he discovered that
the brain kept sending signals to the body to produce uninte-
the same neurochemical substances in the drug are suddenly released. And
You will also learn about the results of an astonishing recent study that

reveal that patients with irritable bowel syndrome (ITS) me-
improved greatly by taking placebos, despite knowing perfectly well
that the medicine was not an active drug.

In chapter 3 you will learn the physiology of what happens in your brain
when you experience the placebo effect. You will discover that in a sense
the placebo works because you accept or entertain the new thought
of being able to heal yourself and then you use it to replace the one that is always there
you are sick. This means that you can change your thoughts to the
can subconsciously foresee that your future will be like your past
always and by anticipating and expecting a new outcome. If you agree
With this idea, it means that you will have to analyze what you think, what is
the mind and how all this affects your body.

I will explain to you how as long as you continue to have the same thoughts
always, will lead you to the same decisions, so you behave
you will do the same thing, creating the same experiences, which will produce
will generate the same emotions that in turn will generate the same thoughts.
ments, so you will remain neurochemically the same as before
always. In fact, you'll be reminding yourself of who you think you are. But keep in mind
realize that you are not neurologically programmed to be the same
as always for the rest of your life. I will introduce you to the concept of neuroplas-
ticity and how it is now known that the brain is capable of changing over time
go of our life, forming new routes and neural connections.

In chapter 4 I talk about the placebo effect on the body and analyze the si-
next step in the physiology of the placebo response. It begins with the

story of a group of elders who attended a week-long retreat
a period of duration carried out by a team of scientists from Harvard,
who asked them to appear twenty years younger. In the third
to undermine withdrawal the study participants had experienced nu-
mere measurable physiological changes, turning back the clock
biological of your body, and you will also learn the secret of how it is made
they came.

To reveal it to you, the chapter also describes what genes are and

how they are activated and deactivated in the body. You will learn how the relative-
The exciting new science of epigenetics has blown the idea out of the water
the old school belief that genes determine your destiny by teaching us
that the mind can order new genes to behave in certain ways
new. You will discover the body's complex mechanisms to activate
some genes and turn off others, which means you are not doomed.
to express any inherited gene. That is, you can learn to change
change your neural pathways to select new genes and produce
real physical changes. You will also learn how your body uses the
stem cells—the physical matter behind many of the miracles of the
placebo effect—to create healthy cells in the areas where they were
damaged.

Chapter 5 links the previous two chapters by explaining how your
thoughts change your brain and body. Start by asking-
you: <If by changing your environment you send signals to new genes in new ways
ways, is it possible to do the same before your environment changes? "And
then describes how to use the mental rehearsal technique to combine
a clear intention with a high emotion; thus the body savors the
future situation that you desire and you experience it in the present before
that has happened.

The secret is to make your inner thoughts more
real than your external environment, because as your brain does not know the difference
follow one from the other, will change when you believe that what you want has already hap
rid. If you can do this enough times, you will transform your body and
you will start activating new genes in new ways, which will pro-
will produce epigenetic changes as if the imagined future situation already
would have materialized. And then you will be able to live this new reality and
become the placebo. This chapter, in addition to describing you scientifically,
mind how this happens, includes stories of many public figures of
different professions and social conditions that used this technique (in-
intentionally or without fully knowing what they were doing) so that
their wildest dreams come true.

Chapter 6 focuses on the concept of suggestibility. It begins

with a fascinating yet chilling story of how a team of
Researchers tried to find out if they could program a person
mentally healthy, law-abiding, but very susceptible to hypno-
yes, to do something that he would normally have flatly refused to do:
shoot a stranger to kill him.

You will see that not all people have the same degree of suggestibility.
ability and that the more suggestible you are, the more easily you will be able to
enter your subconscious. This is the secret to understanding the pla-
bait, because the conscious mind is only 5 percent of who-
we are. The remaining 95 percent is made up of a series of states
two subconscious programs that the body has become
in mind. You will learn that you must go beyond the analytical mind and en-
enter the operating system of your subconscious programs if you want
Let your new thoughts create new results and thus change your
genetic destiny, and also that meditation is a powerful tool
lie to achieve this. The chapter concludes with a brief exposition of
about the different brain wave states and which ones are the most indicative
two to make you more suggestible.

Chapter 7 deals with how your attitudes, beliefs and perceptions change.
They change your state of being and create your personality—your personal reality—,
and how you can change them to create a new reality. Discover-
You will harness the power of unconscious beliefs and have the opportunity to
Identify beliefs you have been harboring without knowing it. Also
You will learn how the environment and your associative memories can prevent-
change them.

I will explain to you that to change your beliefs and perceptions, you must
combine a clear intention with a high emotion that conditions
your body to believe that the future possibility you have chosen has already occurred.
of the quantum field. Feeling a heightened emotion is essential,
because you can only change the circuits of your brain and the general expression
netics of your body, and recondition your body to a new mind
(eliminating any trace of the old neurocircuits and conditions)
operations), when your decision carries a more powerful energy

that of the programs recorded in your brain and that of emotional addiction
national of your body.

In chapter 8 I will introduce you to the quantum universe, the unpredictable world
of matter and energy, the elements of which things are composed

atoms and molecules of everything that exists in the universe, which
Apparently they are composed more of energy (which seems as if it were
empty space) than matter. The quantum model, which states that in
In this present moment all possibilities already exist, it's your secret
to cure you with the placebo effect, because it allows you to choose a new future
ture and watch it become reality. Then you will understand that it is
possible to cross the river of Change and know the unknown.

Chapter 9 describes three of my workshop participants who claim-
have obtained some amazing results by using these same
techniques to improve their health. First, you'll meet Laurie, a
woman who at the age of 19 was diagnosed by doctors with a rare disease
degenerative bone disease that was deemed incurable. Although the bones
Laurie's left leg and hip suffered 12 fractures
important for several decades, forcing it to move with mu-
letas, currently walks normally without the help of even
was using a cane. His x-rays are proof that his fractures have
missing.

Next I will introduce you to Candace, who was diagnosed with
Hashimoto's disease, a serious thyroid disorder characterized
due to numerous complications, at a time in his life when he was
resentful and furious. Her doctor told her she would have to take medication for the rest
of his life, but she proved him wrong after overcoming her en-
illness. Currently, Candace is a woman in love who has been
a new life without the need to take thyroid medication, and
Her blood tests show that she is healthy.

And finally you will meet Joann (the woman I mention in the preface),
mother of five children, successful businesswoman and a great entrepreneur
who everyone considered a superwoman before suddenly collapsing

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and was diagnosed with an advanced form of multiple sclerosis.
His illness worsened rapidly until it reached the point of
not being able to move his legs. When he came to my workshops, at first
only made small changes, until one day the woman who had been doing it for years
Without being able to move his legs, he started walking around the room without help.
do a one-hour meditation session!

In chapter 10 I share more amazing stories about some
participants in my workshops and the brain scans they had
mos. You will meet Michelle, who was cured of Parkinson's disease,
and John, a paraplegic who got out of his wheelchair after
a meditation. You'll also discover how Kathy (a CEO)
tiva who led a hectic life) learned to find the present and
How Bonnie Healed Herself From Her Fibroids and Excessive Bleeding

menstrual grade. And finally you will meet Genevieve, who immerses herself in meditative states so joyful that Maria cries with joy, whose experience can only be described as a cerebral orgasm.

I will also show you the information that my team of scientists gathered brain scans of these people so you can see the changes we witness in real time in the workshops. The best of This information is showing you that you don't need to be a monk or a nun, a scholar, a scientist or a spiritual leader to undertake such feats. Nor does having a doctorate or a degree doctor. The people in this book are ordinary people like you. After reading this chapter, you will understand that what they did is not a magical act or not even miraculous, but simply learned- and applied skills that can be learned. And if you practice them, you can also make similar changes.

The second part deals with meditation. Chapter 11 describes several simple preliminary steps to meditate and various techniques that will help you will be useful. And chapter 12 gives you step-by-step instructions to apply the meditative techniques of my workshops, the same ones that allowed participants to create the amazing results of the

that I have spoken to you.

I'm happy to say that although we don't have all the answers yet, To manage the power of the placebo effect, people from all over the world today kind are using these ideas right now to produce extraordinary changes in your life, the kind of changes that many others would consider practically impossible. The techniques in this book They are not only useful for curing you of an illness, but also for me- Improve any aspect of your life. I hope it inspires you to apply them now. make possible in your life the same kind of changes that seem impo- sibles.

Author's Note: The stories of my workshop participants who were healed are real, but I have changed their names and some identifying details in this book to protect your privacy.

Part One

INFORMATION

Is it possible?

Sam Londe, a retired shoe store clerk who lived on the outskirts of
Saint Louis in the early 1970s, began to have problems
swallowing problems.' He finally went to see the doctor and he discovered that
had metastatic esophageal cancer. In those days this type of
Cancer was considered incurable and no one survived it. It was a sentence
death and Londe's doctor told him the news in a tone
gloomy.

Trying to prolong his life as much as possible, he told him that the best thing
was to remove the cancerous tissue from the esophagus and stomach, where the
The cancer had spread. Trusting him, Londe agreed and underwent surgery.
to the intervention. For a while it went well, but soon the co-
things went from bad to worse. An ultrasound of Londe's liver revealed
More bad news: the cancer had spread throughout the left lobe.
left side of the liver. The doctor told him that unfortunately he was left with
much only a few months of life.

Londe and his new wife, both in their seventies, decided to move-
to Nashville, about 500 kilometers away, where some resided
her relatives. Shortly after moving to Tennessee, Lon-
He was admitted to a hospital where he was assigned to an internist
Clifton Meador. The first time Dr. Meador entered the room
Londe's tation, found a skinny, unshaven man huddled
under a pile of blankets, looking like a dying man. Londe was shown
sullen and uncommunicative and the nurses told the doctor
Meador who had been like that since he had been admitted
a few days before.

While Londe had high blood glucose levels due to his
diabetes, the rest of the analytical parameters were normal, except
due to somewhat elevated levels of liver enzymes, which was
to be expected in someone with liver cancer. In the other tests that
had made everything go well, a great stroke of luck considering the gravity
check the patient's condition. Under the orders of his new doctor, Londe re-
reluctantly received physical therapy, a restorative diet based on
of fluids and medical care and attention. Within a few days he already felt
stronger and more lively aunt. She began to tell Dr. Meador about her life.

Londe had previously been married to a woman who had been his ver-
true better half. They were unable to have children, but they had enjoyed
Life. Since they loved sailing, they bought a house when they retired.
next to a large artificial lake. But one day, late at night, the wall
The earth retaining wall of the dam broke and a torrent of water swept through
flew past his home. Londe miraculously survived by clinging to some
the rubble, but his wife's body disappeared under the water.

"I lost everything I held most dear in this world," he told the doctor.
Meador—That night the downpour also took my heart away.
zone and my soul.»

Six months after the death of his wife, my heart still mourns her.
He was plunged into a deep depression and was diagnosed with breast cancer.
esophagus and had surgery to remove it. That's when he met
his second wife and married her, a kind woman who knew
that he had a terminal illness and that she agreed to care for him during the
time he had left to live. Several months after getting married, he m
They gave it to Nashville and Dr. Meador already knew the rest of the story.

As soon as Londe finished telling it, the doctor, amazed by
what he had just heard, he asked him compassionately: "What do you want me to do?"
do for you?" Londe, who was at death's door, was left
thoughtful.

"I would like to live until Christmas to celebrate it with my wife and her
family, because they have behaved very well with me," he finally replied.
"All I want is for you to help me achieve it." Dr. Meador
He replied that he would do everything possible to ensure that he achieved it.

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When he was discharged at the end of October, Londe was
much better than when he arrived. Dr. Meador was surprised and
pleased at the same time with his patient's progress. From then on
He visited him once a month, and each time he observed that Londe continued
well. But a week after Christmas (New Year's Day), his
woman took him back to the hospital.

Dr. Meador was surprised to see that Londe seemed to be back in shape.
was on the verge of death. When he checked him out, all he found was
who had a slight fever and a small dark spot on one of his wrists.
mon indicating pneumonia, although Londe did not appear to have any pro-
respiratory problems. All the tests came back normal and the tests
The cultures the doctor ordered did not indicate any
another illness. Dr. Meador prescribed antibiotics and connected him to
an oxygen tank, hoping for the best, but after twenty-four
hours Sam Londe died.

As you might have guessed, this story is about a typical diagnosis of
cancer followed by an unfortunate death due to a disease
deadly dad, right?

Well, it's not what it seems.

When they performed the autopsy at the hospital, they discovered something
Very curious. In fact, Londe's liver was not invaded by the

cancer, I only had a tiny cancerous nodule in the left lobe
left and another very small focus in the lung. The truth is that neither
None of these cancers were widespread enough to cause
death. And in fact the area around the esophagus was completely
healthy. Apparently the ultrasound they had done at the hospital in
Saint Louis to see if he had liver cancer had given a false report
positive result.

Sam Londe did not die of esophageal or liver cancer. Nor did
due to the pneumonia he caught when he was readmitted to the hospital.
He simply died because everyone around him believed-
rum that had its days numbered. The doctor at Saint Louis Hospital
believed Londe was dying, and when Dr. Meador de
Nashville thought the same, Londe's wife and relatives

They gave up on a lost cause. And the most important thing is that Sam himself
Londe thought he was dying. He may have died alone.
by the mere thought of it? That that thought was so powerful
pink? And if so, is this an isolated case?

Can you overdose on a placebo?

Fred Mason (not his real name), a 26-year-old graduate student
years he fell into a depression when his girlfriend broke up with him. But of
He soon saw in a newspaper an announcement of a clinical trial on a
new antidepressant medication and decided to participate. Four years ago
He had had a depressive episode and the doctor had prescribed an an-
tidepressant based on amitriptyline (Elavil), but had been forced
to quit because of the drowsiness and numbness it caused. The me-
The medicine was too strong for him and now he hoped that this new
drug had fewer side effects.

When I had been participating in the study for about a month, I decided
called his ex-girlfriend. The two argued over the phone and Mason
After hanging up, he grabbed the bottle of pills from the essay in a flash.
clinic and swallowed the remaining 29 with the intention of committing suicide.
But he instantly regretted it. He ran out of his house and, after asking for
screaming for help, he collapsed. A neighbor heard him scream and when he went out into th
from the building he was found lying on the ground.

Writhing in pain, Mason told him he had committed a terrible
possible mistake in taking the pills, but that he did not want to die. When he
asked to be taken to the hospital, and his neighbor did so. Mason arrived at ur-
pale and sweaty, with a blood pressure of 80/40 and a heart rate
140 heart rate. Breathing heavily, he kept exclaiming:
"I don't want to die!"

When the doctors examined him, they saw that the only thing he had
It was low blood pressure, a rapid pulse, and labored breathing. Even so,
Mason was lethargic and slurred his speech. The team
The doctor decided to give him intravenous fluids, they did tests on him

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blood and urine, and they asked him what medicine he had
taken. Mason couldn't remember the name of the drug.

He told them it was an experimental antidepressant from a clinical trial.
Then he handed them the empty bottle, but the name did not appear on the label.
information about the drug, but only the information about the study. So
They could do nothing but wait for the results of the analyses, monitor
his vital signs to make sure he didn't suddenly get worse and
wait for hospital staff to contact the investigators
researchers who were conducting the clinical trial.

After four hours, after the test results came in,
were completely normal, a doctor who had participated in the study arrived
study of the experimental drug. By consulting the code on the label of the
Mason's empty pill bottle, compared it with the information he had gathered.
given in the study. He told them that Mason had been taking a placebo and
that the pills he had taken did not contain any drugs. Miracle-
Suddenly, within a few minutes Mason's blood pressure was normalized and
his pulse. And as if by magic, he also stopped feeling sleepy.
Mason had been a victim of the nocebo effect: a harmless substance that, gra-
cies to his intense expectations, had produced harmful effects on him.

Is it possible that the symptoms were caused by the fact that he was-
expect to suffer from them after swallowing a good handful of antidepressants?
Could it be that his mind, as in the case of Sam Londe, had taken over?
of her body, carried away by the expectations of what seemed to be the
most likely perspective, to the point of materializing it? Could you
have happened even if this meant that his mind had been occupied
of functions that are not normally under our control? And if
this were possible and our thoughts could make us sick
sea, couldn't we also use them to heal ourselves?

Chronic depression magically vanishes

Janis Schonfeld, a 46-year-old interior designer living in California, had
suffered from depression since adolescence. But he had never resorted to

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no professional looking for help until seeing a newspaper ad
I said in 1997. The UCLA Neuropsychiatric Institute was looking for-
volunteers to test a new antidepressant in a clinical trial
based on venlafaxine (Effexor). Schonfeld, a wife and mother, whose depression
His condition had worsened to the point that he had considered committing suicide,
decided to take advantage of the opportunity to participate in the study.

When Schonfeld arrived at the Neuropsychiatric Institute for the first time
Once, a technician applied electrodes to him for forty-five minutes
cough to monitor and record your brain bioelectrical activity with a
electroencephalograph, and shortly after she left with the bottle of pills
that they gave him at the hospital pharmacy. He knew that approximately
Half of the group of 51 participants would receive the drug, and the other half,
a placebo, although neither Schonfeld nor the study doctors had any idea
which of the two groups she had been randomly assigned to. In reality, no one
I wouldn't know until the study was over. But she didn't care, because-
who was excited and hoped the experimental drug would help her
dara after having been fighting for decades against a de-
clinical pressure that made him suddenly burst into tears for no reason
apparent.

Schonfeld agreed to return to the Institute every week throughout the year.
two-month study. Each time he answered the questions of
how he felt and on several occasions he was even given another electroencephalogram
cephalogram (EEG). Shortly after starting to take the pills,
Schonfeld began to feel much better for the first time in
his life. And the strangest thing is that he also felt nauseous, but this was
good news, because I knew it was one of the side effects
of the experimental drug. As the depression tended to disappear and
Besides, I noticed the side effects, I was sure that I had taken him
the active drug. Even the nurse I was talking to when I returned
every week to the Institute believed that Schonfeld was taking the medication
real ment by the changes it was experiencing.

At the end of the eighth week of the study, one of the researchers
finally revealed the shocking truth: Schonfeld, who after having to-
taken the pills he no longer wanted to commit suicide and felt like a person

na different, had actually been part of the placebo group.
She was stunned. She was sure the doctor had made a mistake.
do. He couldn't believe that after suffering for so many
years of crippling depression, now feels much better for having
having taken a bottle of sugar pills. And he had even suffered the
side effects and everything! It must have been a mistake. He asked the doctor
to review the information gathered. He, laughing affably,
you, he assured her that the bottle he had taken home, the one he had given her-
The desire to live returned, containing nothing but placebo pills.

While Schonfeld was stunned, the doctor insisted that
that the fact of not having received the authentic medicine does not mean
It was not just that he had imagined his depression or his improvement, but that he simply
It simply wasn't the Effexor that had made him feel better.

And she hadn't been the only one. The results of the study revealed that
shortly after, 38 percent of the participants in the placebo group
felt better, compared to 52 percent of the group that had re-
received Effexor. But when the rest of the information came to light, it was-
It was the researchers who were surprised: the patients
like Schonfeld, who had improved with the placebo, had not imagined
not only feel better, but the patterns of your brain waves have
had changed. The electroencephalograms that were religiously performed on them
mind throughout the study revealed a significant increase in
activity in the prefrontal cortex, which in depressed patients
used to be very low?

The placebo effect, in addition to changing Schonfeld's mind, established him
was modifying its biology. That is, it wasn't just his imagination,
but real changes in your brain. In addition to feeling good, you also
was doing well. By the end of the study, Schonfeld's mood had changed
the brain without taking any medication or doing anything other than what
always. It was his mind that had changed his body. And twelve years
Later, Schonfeld still felt much better than before.

How is it possible that a sugar pill can kill the
symptoms of a deep-rooted depression and also cause side effects
dary as nausea? And what does it mean that the same inert substance

have the power to change the activation of brain waves, increasing
increasing activity in the part of the brain most affected by depression
sion? Can the subjective mind create this kind of physiological changes,
objectives and measurables? What happens in the mind and body that per-
allows a placebo to act perfectly like a drug? Could they
give the same fantastic healing effects not only in diseases
chronic mental illness, but also in a condition as serious as
cancer?

A "miracle" cure: now you see it, and now you don't.

In 1957 UCLA psychologist Bruno Klopfer published an article in
an academic publication telling the story of a man who
called "Mr. Wright" suffering from advanced lymphoma, a cancer in
the lymphatic glands.* The guy had some huge tumors, some
the size of an orange, on the neck, crotch and armpits, and the

cancer was not responding to conventional treatments.
He had been sick for weeks, "feverish, breathing with difficulty and lying in bed." His doctor, Philip West, had given him up for a lost cause, although that Wright himself continued fighting. When he discovered that the hospital where he was being treated (in Long Beach, California) was one of the ten hospitals and research centers in the country where it was being evaluating Krebiozen, an experimental drug extracted from the horse blood, the fact excited him. Wright pestered him without dis- tired Dr. West for several days until the doctor agreed to ad- administer the new remedy (although Wright could not participate for- poorly in the clinical trial because patients had to have as minimum life expectancy of three months).

Wright received the Krebiozen injection on a Friday, and by Monday he was already
He had gotten out of bed and was walking around very lively, laughing and joking.
peeing with the nurses: he looked like a different person. Dr. West wrote-
He noted in the medical report that the tumors "had dissolved like bubbles."
the snow in a lit stove." After three days the tumors

had been reduced by half. And after another ten, he was discharged:
Wright had been cured. It seemed like a miracle.

But two months later the media announced
that the ten clinical trials revealed that Krebiozen was a hoax.
As soon as Wright read the news he immediately became worse as he believed that the me-
The medicine was of no use and the tumors reappeared.
little time. Dr. West suspected that the first positive response
Wright's was due to the placebo effect, and knowing that his patient had
a terminal illness, he was told he had little to lose—and Wright
much to gain—if he put his theory to the test. So he told this one that
did not believe the news in the newspaper and that he had relapsed because the
The Krebiozen that had been administered to him was part of a batch of bad
quality. In addition, he told her that he was about to arrive at the hospital
version of the drug <twice as potent and of excellent quality-
and that he would inject it as soon as he received it.

Wright felt euphoric at the possibility of being cured and after a few
days he received the injection. But this time Dr. West did not inject him.
an experimental drug or a placebo, but simply water
tilada.

Wright's tumors disappeared again as if by magic.
magic. He returned home and for the next two months he was
feeling great, she no longer had any tumor. But suddenly the
The American Medical Association announced that Krebiozen was of no use
nothing. The medical community had been the victim of a hoax. The "me-
"miracle drug" had turned out to be a scam, it was nothing more than oil
mineral tea that contained a simple amino acid. In fact, the manufacturers

had been convicted of fraud. Upon hearing the news, Wright suffered a
relapsed for the last time: he had stopped believing in the possibility of a cure-
He returned to the hospital, hopeless, and died two days later.

Is it possible that Wright could have somehow changed his state?
of being not once but twice, transforming into someone who had been freed
recovered from cancer in a matter of days? Did your body respond instantly?
to that new state of mind? And could he have recovered the state of mind
of a man with cancer as soon as he heard that the drug in question

tion was of no use, and then his body created exactly the same thing again-
mind the same chemistry, so the tumors reappeared?
Is it possible to reach this new biochemical state not only by taking pa-
splints or receiving injections, but also through something as in-
invasive like surgery?

The knee surgery that never happened

In 1996, orthopedist Bruce Moseley, who was then working
at Baylor College of Medicine and was one of the leading experts
of Houston in orthopedic sports medicine, published a clinical trial
based on his experience with ten male volunteers who had served
in the military and suffered from knee osteoarthritis. Due to the severity of
their illness, many of them limped noticeably, walked
with a cane or needed some kind of assistance to get around.

The study was designed to analyze arthroscopic surgery,
a very common practice that consisted of anesthetizing the patient and ha-
then make a tiny incision to insert an arthroscope, a
a device equipped with a camera to view your joint. In surgery
knee the doctor cleans and rinses the joint to remove any-
any fragment of degenerated cartilage that is considered the cause of
inflammation and pain. At that time, about three-quarters of my
Millions of patients underwent this type of intervention each year.

In Dr. Moseley's study, two of the ten participants
They performed debridement, a very common surgery in which the ci-
Rujano removes the remains of damaged cartilage from the joint of the ro-
dilla. Three others received a wash, a procedure in which the
It injects high-pressure water into the knee joint to clean and
remove the deteriorated arthritic material, and the remaining five are
underwent a fake surgery in which Dr. Moseley simply did
make an incision with a scalpel and then suture it without doing any
no type of surgery. None of these five patients had an implanted
They did not use an arthroscope, nor did they clean the knee joint, nor did they

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They removed the bone fragments with pressurized water, they only did an incision and then they sewed the wound.

All ten participants followed the same protocol at the beginning. They were taken in wheelchairs to the operating room and then They applied general anesthesia so that Dr. Moseley could remove remove arthritic debris from the joint. As soon as the surgeon locked in the operating room, found a sealed envelope containing information that indicated which of the three groups had been randomly assigned the patient lying on the operating table. The doc- Tor Moseley had no idea of the information contained in the envelope until that opened it.

After surgery, all ten patients in the study reported enjoying greater mobility and less pain. In fact, those who were subject of the <fake> surgery felt just as good as those of the debri- surgical treatment or lavage. There was no difference in the results results, not even six months later. And after six years, when They interviewed two of the participants who had received the surgery placebo, they said they continued walking normally, without feeling pain. lor and that their mobility had increased greatly.° They said that Now they could do all the daily activities that they couldn't do six years ago, when they had not yet had the operation. Everyone thought ban that had recovered their previous quality of life.

Fascinated by the results, Dr. Moseley published another study In 2002, on 180 patients who were followed up two years after the intervention was performed surgical." All three study groups improved, as after surgery Patients began to walk without knee pain or co- jear. But none of the participants in either group had improved- more than any of the patients undergoing placebo surgery, even after two years.

Is it possible that these patients improved by trusting and believing in the healing power of the surgeon, the hospital and even the shining and modern operating room? Did they somehow imagine a life with a healthy knee, simply surrendering to that possible outcome

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and making it happen literally? Was Dr. Moseley a version modern of the ancient "sorcerers", only he wore a white robe ca? And is it also possible to cure a more serious disorder, such as example one that requires heart surgery?

The fake heart operation

In the late 1950s two groups of researchers carried out
a series of studies to compare standard surgery in the treatment-
angina pectoris with a placebo.* It was long before using the
procedure known as coronary artery bypass grafting
graft, the type of surgery most commonly used today. At that time,
Most patients with heart problems were given a
mammary artery ligation, a procedure that involved
expose the damaged arteries and tie them off. Surgeons believed that if they blocked
If they stopped the blood flow with this system, they would force the body to
create new vascular conduits, which would increase blood flow
banana in the heart. This surgical procedure gave very good results
results in most patients, although doctors did not have
There was no solid evidence that any new vessel had been created
blood, and that was the reason that led them to carry out those two studies.

Those two teams of researchers, one from Kansas City and one from
Seattle, followed the same procedure dividing the participants
study in two groups. Members of one group were given the
ligation of the mammary arteries and the other, a fake surgery.
Surgeons made the same small incisions in everyone's hair.
cho, exposing the arteries, the only difference was that the patients
In the fake surgery they just stitched up the cut and nothing else.

The results of both studies were strikingly similar:
67 percent of operated patients felt less pain and needed
took less medication, and 83 percent of those who had been subjected to
from a fake intervention they also obtained the same level of improvement.
The placebo surgery had given better results than the real surgery!

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Could it be that patients undergoing the fake operation believed
so much that they were going to improve that they ended up improving simply because of the
fact of expecting it? And if so, what does this teach us about how we
affect our daily thoughts, whether positive or negative,
regarding body and health?

Attitude is everything

Nowadays many studies show that our attitude
affects health, including life expectancy. For example, the Clinic
In 2002, Mayo published a follow-up study of 447
subjects over more than thirty years, revealing that people op-
timists were healthier physically and mentally.? Optimistic means li-

literally "better," suggesting that those in the study were
They focused on the best aspect of the future. That is, they had fewer problems.
with daily activities as a result of their good physical health or
their emotional state: they experienced less pain, had more energy,
They enjoyed social activities more, and felt happier,
calm and serene most of the time. This study came just right
after another in which the Mayo Clinic had followed up
more than eight hundred people over 30 years and had revealed that
Optimistic subjects lived longer than pessimistic subjects.'?

Researchers at Yale University also conducted a se-
monitoring of 660 people aged 50 and over, for twenty-three years
years, and discovered that those who had a positive attitude about the en-
old age lived seven years longer than those who faced it with an ac-
negative attitude." Attitude influenced longevity more than stress
blood pressure, cholesterol levels, smoking, being overweight or the amount
give physical exercise.

Other studies have analyzed the relationship between heart health and
attitude. Around the same time, a study by the Uni-
Duke University on 866 patients with cardiovascular problems
revealed that those who felt the most positive emotions on a daily basis had a

20 percent more likely to still be alive after eleven years
than those who habitually experienced more negative emotions."
And even more astonishing were the results of a study on 255
students at the Medical College of Georgia who underwent
a twenty-five-year follow-up. The most hostile were five
times more likely to suffer from coronary heart disease." And a study
dio from Johns Hopkins University presented at the Scientific Sessions
A 2001 case from the American Heart Association even revealed that
A positive attitude is the best known protection against
heart disease in adults at risk due to family history
liars." This study suggests that adopting the right attitude works
just as well or even better than following a healthy diet, doing the
adequate amount of exercise and maintaining ideal weight.

How is it that our daily attitude—whether more cheerful and affectionate
or more hostile and negative—helps determine the years we will live?
Is it possible to change our attitude? And if we could do it, could we su-
wait for the way our mind has been conditioned by experiences
experiences from the past? Or perhaps wait for something negative to happen again?
help it happen?

Nausea before receiving the injection

According to the National Cancer Institute, about 29 percent of pa-
Patients undergoing chemotherapy are exposed to the smells and
images that remind them of the chemo treatments they suffer
disorder called anticipatory nausea.' About 11 percent of su-
jets feel so bad before treatments that they even vomit.
Some cancer patients already start to feel nauseous when they go to
car when going to receive chemotherapy, before even stepping into the hospital,
and others vomit while in the waiting room.

A 2001 study from the University of Rochester Center for
Cancer, published in the Journal of Pain and Symptom Management,
concluded that expecting to experience nausea was the strongest predictor of

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Patients would end up having them.'* The scientists' information
revealed that 40 percent of patients receiving chemotherapy
and they thought they would feel bad—because their doctors had told them
said they would probably feel ill after the treatment—,
experienced nausea before receiving it. An additional 13 percent of the
patients who said they did not know exactly what to expect from the treatment
to, also felt bad. But none of the subjects who did not wait-
ban had nausea had them.

How is it possible that some people are so convinced that
Chemotherapy drugs will make them feel so bad that they get to
pass before they are administered? Could it be that they felt ill?
by the power of their own thoughts? And if this happens to 40 percent of them
percent of patients treated with chemotherapy, could also 40
percent of patients improve easily by changing their thoughts
thoughts about what they expect regarding their health or their work day?
Would a single thought that we accept make us feel better?

Digestive problems disappear

Recently, as I was about to get off the plane in Austin, I met
to a woman reading a book that caught my attention. While I waited
We were standing in the hallway to disembark, I saw him peeking out of his
bag, in the title appeared the word belief. We smiled at each other and I
I asked what the book was about.

"About Christianity and faith," he replied. "Why do you want to know?"
I replied that I was writing a book about the placebo effect.
It was about beliefs.

"I'll tell you a story," he said. And then he revealed to me that he was doing
Years ago he was diagnosed with gluten intolerance, celiac disease, colitis and others
disorders, and also suffered from chronic pain. I had been reading about

He discussed his ailments and decided to go see different health professionals.
to ask their advice. They advised him not to eat certain foods and
take certain medications, and she did, but she still suffered

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her whole body. She also had insomnia, skin rashes
and digestive problems, and suffered from a list of other unpleasant symptoms.
but. After several years he went to see another doctor who decided to make him
several blood tests. But the test results were negative.
tive.

«That day I discovered that I had no illness and that I was not
Nothing was happening and I told myself I was fine, and from then on my symptoms
vanished as if by magic. I instantly felt wonderful and
"I could eat whatever I wanted," he told me with a triumphant gesture.
"What do you think?" he added, smiling.

When we discover new information and see that what we believed about
ourselves is not true, our symptoms can fade away,
But what happens in our body when this happens to us? What is
exactly the relationship between mind and body? Is it possible that these new
beliefs change our brain and body chemistry, creating
the new neural pathways of who we believe we are and altering our
Genetic expression? Could we become someone else?

Parkinson's versus placebo

Parkinson's disease is a neurological disorder characterized
by a gradual degeneration of nerve cells in the ganglia
basal, an area of the midbrain that controls physical movements.
The brains of those who have this terrible disease do not produce enough-
release dopamine, the neurotransmitter needed by the basal ganglia
to function properly. Early symptoms of Parkinson's,
a disease that is currently considered incurable, including
motor problems such as muscle stiffness, tremors and changes in
way of walking and speaking that are beyond our control.

In a study, a group of researchers from the University of Co-
British Columbia in Vancouver, informed a group of patients with
Parkinson's patients who would be given a drug that would make their
symptoms would improve a lot." In reality, they received a placebo, a

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mere saline injection. Even half of those who had not taken

No drug improved their motor function control after
receive the injection.

Researchers generated images of the patients' brains
with a scanner to better understand what had happened to them, and discovered
They found that those who had responded positively to the placebo were
those who were producing dopamine in their brain: 200 percent
more than before. To obtain the same effect with a drug, it is
would have to receive a full dose of amphetamines, a drug that
It lifts your mood and also increases dopamine.

Apparently the simple fact of expecting to improve triggered in the
Parkinson's patients an untapped power that activated the production
of dopamine, exactly the amount your body needed to
improve. And if this is true, what is the process by which a simple pen-
does the brain produce the dopamine it needs? Is it possible?
It is possible that this kind of mental state, created by the combination of a
clear intention with a more intense emotional state, made us invent-
susceptible to certain situations by activating our internal store of drugs
things and overcome the genetic circumstances of the disease that he believed-
we can't control?

On deadly snakes and strychnine

In the Appalachian region there are pockets of a centuries-old religious ritual.
narium known as snake manipulation or "snake taking"
pes».!* Although West Virginia is the only state
where it is still legal, this does not prevent local police from other states
two turn a blind eye to this practice. In small and modest churches,
while the faithful gather to celebrate the religious service, the
preacher enters with one or more briefcase-shaped wooden boxes
provided with hinges and transparent plastic doors with holes
ventilation, and carefully places them on the platform before the presbyo-
church or in the hall, near the pulpit. Soon the music begins to

sonar, a vibrant mix of country, ranchera and folk music from Ken-
tucky with an extremely religious letter about salvation and love of
Jesus. Singing fervently, the musicians play melodies with
keyboards, electric guitars and even drums that any mu-band
physical of teenagers would envy, while the parishioners wave the pande-
challenges moved by the spirit that has taken over the environment.
As the energy increases, the preacher lights a flame in
a container placed on the pulpit and puts his hand on top, leaving
Let the flame lick your palm before picking up the container and passing it slowly.
just above the bare forearms so that the flame
rubbing. It's "warming up."

Soon the parishioners begin to sway and place their hands on the ground.
hands on each other, speaking in unknown languages, giving sal-
coughing and dancing to the rhythm of music praising their Savior. They have been
possessed by the spirit, what they call "the anointing." Then
The preacher opens one of the wooden boxes, puts his hand inside and
takes out a poisonous snake, usually a rattlesnake, a
cottonmouth, or a copperhead. He also starts dancing now
jump until you sweat, while holding the live snake by the middle of the
body so that the animal's head is terrifyingly close to its
own head and throat.

Sometimes he holds the snake up high before bringing it close to his body,
dancing all the time while the animal wraps itself around him with its lower half
upper part of the body around the arm and rotates the upper part in the air
craving. The preacher may take out a second or even a third
snake from other wooden boxes and the parishioners, both men and
women, they also begin to take them while they feel that they are "anointed-
two." In some religious services, the preacher ingests poison from
a glass, such as strychnine, without suffering any of its fatalities.
fierce effects.

Although snakes sometimes bite some of those who catch them,
It does not occur as frequently as one might expect, considering the
thousands of religious services in which the faithful feverishly put their
hand on the hinged wooden boxes without a hint of doubt

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or fear. And even when it happens to them, they don't always die, although they don't
run to the hospital, they prefer that the other faithful crowd around them
around to pray for them. Why don't snakes bite them?
more often? And why do only a few die when it happens to them?
rre? How can they get into a state of mind where they are not afraid of
of those poisonous snakes when we all know that their bite
is lethal, and how can this state of mind protect them?

There are also outbursts of "hysterical force", the demonstration
of superhuman physical strength in emergency situations. In
April 2013, for example, Hannah Smith, a 16-year-old teenager
and her 14-year-old sister Haylee, who lived in Lebanon, Oregon, raised
They took a tractor weighing almost 1,400 kilos to free their father, Jeff
Smith, who had been trapped underneath." And what about those who ca-
mining over hot coals, like members of indigenous tribes who practice
can sacred rituals and Westerners who attend this kind of workshop-
res? Or even the carnival artists or Javanese dancers in
trance that feels the irrepressible desire to chew crystals and swallow-
(a disorder known as hyalophagia)?

How are such superhuman feats possible and what is it?

what do they have in common that is essential? Could it be that by blindly believing in something changes their body to the point of becoming immune to their environment no? And is it possible that those iron-clad convictions that give power to the who handle snakes and walk on hot coals could also act as well as the other way around, harming us—and even causing our death—without be aware of it?

Ending a voodoo spell

In 1938 a 60 year old man from rural Tennessee went He was sick for four months, getting worse, until his wife took him to a 15-bed hospital on the outskirts of the city." By this time Vance Vanders (not his real name) had lost more weighed 22 kilos and seemed to be on death's door. The doctor

Drayton Doherty suspected that Vanders was suffering from tuberculosis or a possible cancer, but in the numerous tests and x-rays that were performed on him No abnormalities were found. Dr. Doherty's medical examination revealed that his patient was perfectly fine. As Vanders refused to eat, they fed him through a tube, but he vomited stubbornly. of everything they put into it. It continued to get worse, convinced that he was going to die and in the end he could barely speak. Although it seemed that his death was imminent, Dr. Doherty still had no idea what his patient's ailment was.

Vanders' distraught wife told the doctor she wanted to talk. with him privately, and Doherty assured him that he would not reveal the conversation to h sation to anyone, she told him that her husband had been subjected to "voodoo". seen Vanders, who lived in a community where the practices of Voodoo were very common, he had fought with a local voodoo priest cal. The priest, after meeting him in a cemetery late at night, night, he had cast a spell on him by shaking a bottle with a liquid stinking in his face and had told him that he would die soon and that no one could save him. That's what happened. And Vanders, convinced that his days were numbered, he had believed in this new and gloomy reality. The poor man returned home dejected, refusing to eat. Until his wife took him to the hospital.

After hearing the story, Dr. Doherty came up with a very unlikely plan. Orthodox to treat his patient. In the morning he gathered the family members at the foot of Vanders' bed and told them he was sure he had the re- means to cure him. The relatives listened attentively while He told them the following lie. He told them that the night before he had managed to trick the voodoo priest into meeting him at the cemetery and reveal to him how he had put the curse on Vanders. It hadn't been easy, he told them. The priest had refused to co-

to work, but he, grabbing him by the neck, had pushed him against a tree to force him to talk.

He told them that the priest confessed to him that he had anointed Van-'s skin ders with lizard eggs to get into his belly and hatched in the bowels. Most of the lizards had died,

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but a very fat one had survived and was now eating him inside. The doctor announced to them that, as soon as he removed the lizard from the body, Vanders would be cured.

Then he called the nurse and she diligently brought him a je- a huge ring filled with a powerful medicine, according to what the doctor told them. Tor Doherty. But it actually contained an emetic. The Dr. Doherty carefully inspected the syringe to make sure that it worked well and then ceremoniously injected the liquid into his frightened patient. Then with a grandiloquent gesture, he left He donated the room without saying a word to the relatives, who stayed astonished.

Soon the patient felt like vomiting. The sick- Mera handed him a basin and Vanders, feeling nauseous and retching, grabbed moaning just in time. When Dr. Doherty judged that his The patient had almost finished vomiting, and he entered the room with determination. tion with great strides. Then he approached the bed, secretly took out his black briefcase a green lizard, and as soon as Vanders vomited again- tar, he threw it into the basin without anyone noticing.

"Look, Vance!" he exclaimed with the greatest drama of which he was peace-. Look what was in your belly! Now you're healed. The spell "Voodoo is over!"

There was a great commotion in the room. Some relatives collapsed. They fell to the ground, groaning in shock. Vanders stepped away from the basin. with wide eyes. Within a few minutes he had sunk into a deep sleep that lasted more than twelve hours.

When he finally woke up, he was hungry and ate greedily. so much food that the doctor feared his stomach would burst. Within a week, Vanders had regained his weight and strength. He left the hospital feeling wonderful and lived for another ten years.

Is it possible for a man to curl up in bed and simply die? simply because he believes he has been the victim of a curse? Perhaps a "witch" current jo, adorned with a stethoscope around his neck and a prescription pad in his hand, does not speak with the same conviction with which the voodoo priest spoke to Vanders, and we too believe at face value what he said

tells us? And if it is possible for a person, at a certain level, to decide to die, isn't
Could another person with a terminal illness also decide to live? Is it possible?
possible to change our inner state permanently—by stripping away—
of our identity as victims of cancer, arthritis, cardio-
pathologies or Parkinson's disease—and acquire a healthy body with the same ease
with which we take off one piece of clothing and put on another? In the
In the following chapters you will see what is really possible and how this is applied.
to your life.

2

A brief history of placebo

As the proverb goes, desperate times call for desperate measures.
desperate. When Henry Beecher, an American surgeon,
educated at Harvard University, was serving in the Second World War
World War, ran out of morphine. Towards the end of the war, the
Military field hospitals had little morphine available, so
that this situation was very common. At that time Beecher was
about to operate on a seriously wounded soldier. He feared that by doing so
without painkiller would suffer a fatal cardiovascular collapse. But what
What happened next left him stunned.

Without hesitation, one of the nurses filled a syringe with a so-
saline solution and injected it into the soldier as if he were injecting him
morphine. The soldier calmed down instantly. He reacted as if he had re-
received the drug, even if they had only injected him with salt water. Be-
Echer performed the surgical intervention by making a cut in the body
and treating his wounds, and then suturing them, all without anesthesia.
The soldier felt a little pain, but did not collapse. What was it like?
Was it possible, Beecher wondered, that the saline water had acted as a
morphine?

After that amazing success, whenever in the hospital of
campaign ran out of morphine, Beecher did the same thing again: in-
injected a saline solution as if he were injecting morphine.
experience convinced him of the power of placebos and upon returning to the United States
United after the end of the war, began to study this phenomenon.

In 1955, Beecher made history by publishing an article based on 15
studies in the Journal of the American Medical Association in the

which, in addition to speaking of the great importance of placebos, suggested a new model of medical research that randomly divides participants participants in the studies into two groups to receive medication active coughs or placebos - what is currently called clinical trials randomized only—so that the powerful placebo effect would not alter the results.'

The idea that we can alter physical reality with our thoughts cough, beliefs and expectations (whether we are aware of them as if not), it certainly did not arise in that field hospital during World War II. The Bible is full of stories of healing miraculous events and even in modern times the multitudes They go to places like Lourdes, in the south of France (where Bernadette, a 14-year-old peasant girl saw the Virgin Mary in 1858), and people leave There crutches, braces and wheelchairs as proof of having been cured. It is also known that other miracles occurred similar events in Fatima, Portugal (where three shepherd children saw apparitions) to the Virgin Mary in 1917), and also others related to the traveling image of the Virgin Mary sculpted to commemorate the 30th. anniversary of the apparition. The statue is based on the description given the eldest of the three shepherds, a girl who was already a mon- Yes, and Pope Pius XII blessed the statue before it was taken away. from one place to another around the world.

Faith healing is not limited to the Christian tradition. The deceased Guru Sathya Sai Baba, considered by his followers as an avatar — the manifestation of a deity—, he was known for materializing ash sacred called vibhuti in the palm of his hands. It is said that this fine Grey ash has the power to cure many physical and mental illnesses. and spiritual when ingested or applied to the skin as a paste. And the Tibetan lamas, who are also said to have healing powers, They use their breath by blowing it on the sick to heal them.

Even the French and English kings who reigned from the 14th century onwards, from the nineth century they healed their subjects through the laying on of hands. King Charles II of England was known to be adept at this practice, and he did it nearly one hundred thousand times.

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What causes these miraculous healings, whether they are due to faith in a deity or in the extraordinary powers of a person, a object or even a place considered sacred or holy? What is the pro- process by which faith or a belief produces this kind of profound effects? Does giving meaning to a ritual—whether it is a ritual of re- read the rosary, apply some holy ash to the skin or take a new miracle drug prescribed by a doctor you trust mos—could play a role in the placebo effect? And is it possible that the mental state of those who received these cures was influenced or al-

altered by the conditions of its external environment (a person, a place or an object at the right moment) to the point of having made their bodies will change physically?

From magnetism to hypnotism

In the 1770s, the Viennese physician Franz Anton Mesmer became famous moso in developing and demonstrating what was considered at that time raba a medical model of miraculous healing. Developing the idea of Sir Isaac Newton on the effects of planetary gravitation on the body human, Mesmer was convinced that the body contained some invisible fluids that could be manipulated to heal people using a force he called "animal magnetism."

His technique consisted of asking patients to look at him fixedly. to the eyes before passing magnets over the body to direct and balance those magnetic fluids. He later discovered that only with pass their hands over the body (without the magnets) of the patients already produced the same effect. Shortly after starting the session, the Patients would begin to tremble and shake before going into convulsions. sions that Mesmer considered therapeutic. Mesmer continued to balance withholding fluids until the patients calmed down again. He used This technique to cure a variety of diseases, from ailments serious conditions such as paralysis and seizure disorders to minor, such as menstrual problems and hemorrhoids.

In one of his most famous cases, Mesmer partially cured Maria-Theresia von Paradis, a teenage pianist who gave con- certain, <hysterical blindness>, a psychosomatic disorder that led suffering since she was 3 years old. Maria-Theresia stayed for several weeks in Mesmer's home while he treated her, until he managed to help her per- perceive movements and distinguish colors. But to the parents of Maria-Theresia was not at all pleased with her daughter's progress, because if he was cured they would lose the royal pension they received. In addition, regained his vision and stopped playing the piano as well as before, because I could already see his fingers gliding across the keyboard. They began to run ru- mores, which were never proven, that the relationship that Mesmer's relationship with his patient was indecorous. Ma-'s parents ria-Theresia forced her daughter to leave Mesmer's home, she She went blind again and the doctor's reputation diminished considerably. ably.

Armand-Marie-Jacques de Chastenet, a French aristocrat known like the Marquis de Puységur, he became interested in what Mesmer was doing and took his ideas to the next level. Puységur induced a deep sense of state that he called "magnetic sleepwalking" (similar to that of walking

(sleeping nar) in which his patients came into contact with their
deep thoughts and even had hunches about their own
health or that of other people. In that state they were extremely suggestive.
nables and followed Puységur's instructions, although as soon as
woke up and remembered nothing. Mesmer believed that the resi-
day in the effect of the doctor on the patient. In contrast, Puységur
He claimed that it lay in the effect that the patient's thoughts had on
(directed by the doctor) produced in the body itself. This was
perhaps one of the first attempts to explore the mind-body relationship
po.

In the first decade of the nineteenth century the Scottish surgeon James
Braid took the idea of mesmerism even further, creating a
concept that he called neurohypnotism (currently known as
such as hypnotism). Braid was struck by the idea when one day
Arriving late for an appointment, he found the patient waiting for him contemplating

fascinated by the flame of an oil lamp. Braid discovered
that his patient would remain in a highly suggestible state
as long as he remained so focused on something, thus <fatiguing> certain areas
nas of his brain.

After conducting many experiments, Braid decided to ask them
patients who focused on a single idea while watching fi-
just an object to make them enter a kind of trance, since
He believed that this technique would allow him to cure various disorders, such as ar-
chronic rheumatoid arthritis, sensory problems and various complications
cations from spinal cord injuries and strokes. In
Neurypnology, the book he wrote, details many of his successes, such as
the story of how he cured a 33-year-old woman with paralyzed legs
already another 54 with skin problems and very severe headaches
strong. At that time the renowned French neurologist Jean-Martin
Charcot criticized Braid's work, stating that they could only enter into
that kind of trance people suffering from hysteria, which according to him was
an irreversible inherited neurological disorder. He used hypnosis not
to cure patients, but to study their symptoms. In the end, the
physician Hippolyte Bernheim of the University of Nancy, a rival of Char-
cot, insisted that the suggestibility that was so fundamental in the
hypnotism, not only occurred in hysterical people, but
It was something natural in all humans. He implanted ideas in his patients
telling them that when they woke up from their trance state they would feel
better and that his symptoms would have disappeared, using the power of the
suggestion as a therapeutic tool. Bernheim's method is si-
continued to be applied until the first decade of the twentieth century.

While the approach and technique of those early explorers of the
suggestibility were slightly different from those of the others, help-

They helped thousands of patients to be cured of a wide variety of problems physical and mental by changing their view of their illnesses and their way to express them through their body.

During the first two world wars, military doctors,

especially the psychiatrist Benjamin Simon, who served in
The United States Army used the concept of suggestibility
hypnotic (which I will talk about later), to help soldiers who re-
They returned home carrying a trauma that was initially called neurosis
war and is now known as post-traumatic stress disorder.
co (PTSD). These veterans had suffered such experiences in the war
traumatic that many blocked their emotions to avoid suffering,
developing amnesia related to those terrible events or, worse
still reliving those experiences in flashbacks, which made them sick.
physically due to stress. Simon and his colleagues found that
Hypnosis was extremely useful in helping veterans recognize
their traumas and confront them so that they do not surface in the form of anxiety and physical disorders (such as nausea, hypertension and other cardiac problems) diovascular, and even immunodeficiency). Just like doctors
In the century before yours, these military doctors used hypnosis to
help patients change their mental habits and thus recover
mental and physical health.

These hypnosis techniques were so successful that civilian doctors
They began to take an interest in the use of suggestibility, although mu-
Many of them, instead of putting their patients into a trance,
They gave them sugar pills and other placebos, telling them that these "medicines" "nas" would help them feel better. And the patients felt better, res-
responding to suggestibility in the same way as the soldiers
Beecher's children responded by believing they were being injected with morphine.
This was in Beecher's time and after he wrote his pioneering article-
in 1955, in which he called for controlled clinical trials to be conducted
two and randomized, that is, randomly assigned, with placebo
bos to experiment with drugs, placebos became
an important part of medical research.

Beecher's idea was very well received. Initially, the researchers
The researchers expected that the control group of a study (the group that took the placebo) remained neutral so that the comparisons
between the control group and the one receiving the active treatment will reveal how well the treatment worked. But in many studies the group

control improved by waiting and believing that that drug or treatment

would help them improve. Although the placebo itself was inactive, it produced very real effects, and those expectations and beliefs demonstrated what powerful as they were. So somehow those effects had to be eliminated. to use the information so that the results were reliable.

For this purpose, and in response to Beecher's request, the in- Researchers began to conduct random clinical trials as a standard double-blind trials, randomly assigning patients to the active group or placebo, and ensuring that none of the participants or of the researchers knew who was taking the drug and who was placebo. In this way the placebo effect could occur in any of the groups and any possibility of investigators being Gators will treat participants differently depending on the group that belonged. (Nowadays, studies can even be of triple blind, that is, not only the participants and the researchers are unaware of ran who is taking what until the end of the study, but also It is also unknown to the statisticians who analyze the information, until who finish their work.)

The nocebo effect

Of course, there is always the other side of the coin. While the su- manageability was gaining more and more attention due to its healing capacity tive, it also became apparent that the same phenomenon could be used to harm others. Practices such as curses and spells Voodoo figures illustrated the negative aspect of suggestibility.

In the 1940s, Harvard University psychologist Walter Bradford Cannon (who in 1932 had coined the term reac- fight or flight response), studied the nocebo response, a phenomenon to which called "death by voodoo." Cannon examined a series of reports anecdotal accounts of people who firmly believed, due to their culture, in the power of witch doctors or voodoo priests, and who suddenly became ill and died would - despite having no injuries, not having taken any poison or su-

suffer any infection- after having been the object of a curse or a curse. His research would constitute the preliminary work of what is currently known as the fi-response systems physiological that allow emotions (specifically fear) to cause diseases. The victim's belief in the lethal power of a malefi- cio was just another psychological element that caused his death, Cannon said. Another element was the effects of being isolated and rejected. socially criticized, even by the victim's own family members. This class of subjects quickly became the living dead.

Harmful effects from harmless sources are not limited to

Voodoo. Scientists coined the term nocebo in the 1960s
(which means "to harm" in Latin, the opposite of "to give pleasure", the meaning
placebo), referring to an inert substance that produces per-
judicial simply because someone believes or hopes that it will harm them.
The nocebo effect often occurs in drug studies when the par-
Participants taking placebos expect the drug to experi-
mental health may cause side effects, or when they are warned of the pos-
possible side effects, and then experience them by associating with the
drug with them, even if they are not actually taking it.

For obvious ethical reasons there are few studies designed to
study this phenomenon, although there are some. A famous example is the es-
study conducted in 1962 in Japan with a group of extremely young children
allergic to poison ivy.* The researchers rubbed their fore-
arm with a leaf of this plant, but they were told that the leaf was harmless
defensive. Then they rubbed their other forearm with a harmless leaf
telling them it was poison ivy. All the children broke out in a rash
a wound on the arm where they applied the leaf they thought was ivy
poisonous, although serino-harmful. 11 of the 13 children did not develop any
rash on their arm where they had rubbed poison ivy on them.

This discovery astonished researchers. How was it possible?
that some children who are extremely allergic to poison ivy do not know
would cause any rash upon contact with it? And why would a
The harmless leaf had given them an allergy? Poison ivy didn't
had caused no harm because the new thought that the

The harmless leaf had erased his memories and his belief in his allergen.
gia. And the second part of the experiment produced the opposite effect. A
harmless leaf became harmful by believing it to be so. In both cases,
The children's bodies responded instantly to their new state of mind.

In this example it could be said that these children were released from al-
some way of their expectations about the physical reaction that the
toxic leaf, based on their past experiences of being allergic to it.
In fact, they somehow transcended a predictable timeline.
This also suggests that for some reason they became stronger than
the conditions of its environment (the poison ivy leaf). In the end it was-
were able to alter and control their physiology by simply changing
a thought. This amazing proof that a thought (in
form of expectation) could produce a stronger effect on the body
that of the "real" physical environment, helped mark the birth of a
new scientific field, that of psychoneuroimmunology: the effect that
thoughts and emotions produce in the immune system,
an important part of the mind-body connection.

Another notable nocebo study from the 1960s looked at
subjects with asthma.? Researchers gave 40 asthmatic patients

inhalers that contained nothing but water vapor, but they were told
containing allergens or irritants: 19 of them (48 percent) ex-
experienced asthmatic symptoms, such as constriction of the respiratory airways
piratory, and 12 (30 percent) of the group suffered asthma attacks
full-blown. The researchers later gave them inhalers di-
telling them that they contained a medicine that would relieve their symptoms and
airways were reopened in all of them, although the inhalers
contained only water vapor.

In both situations - that of causing asthmatic symptoms and that of
eliminate them dramatically-, patients responded to the
suggestion by researchers implanting thought in their minds,
getting exactly the expected effect. They suffered an attack of
asthma when they thought they were inhaling something harmful and they started
better when they thought they were inhaling a drug, and these pen-
thoughts were more powerful than the environment itself and the realization

dad. You could say that his thoughts created a total reality-
new mind.

What does this show us about the beliefs we hold and
the thoughts we have every day? We are more predisposed to
catch the flu because throughout the winter we don't see everywhere
more than articles related to the flu season and posters about va-
cribs, reminding us that if we don't get vaccinated we'll get sick? Is it possible?
It is possible that when we see someone with flu symptoms, we get sick at once.
think the same way as the children in the poison ivy study
those who got a rash from a harmless leaf or who got an asphyxiant
patients who had a significant bronchial reaction after in-
pull only water vapor?

Are we more prone to suffer from arthritis, joint stiffness, lack of memory?
Moria, low energy and low libido as we age simply-
mind because this is the version of the truth with which we are bombarded
advertisements, television programs and the media?
What other self-fulfilling prophecies are we reading?
creating in our minds without realizing it? And what <inevitable truths-
bles> we can change simply by having new thoughts and
adopt new beliefs?

The first major breakthrough

A pioneering study conducted in the late 1970s demonstrated
for the first time that a placebo could activate the release of endorphi-
nas (the body's natural painkillers), as well as certain drugs
assets. In the study, Jon Levine of the University of California, San

Francisco gave placebos instead of pain medication to four
rents patients who have just had a wisdom tooth extracted.
As expected, believing they were receiving a painkiller, the
majority said they felt better. But then the researchers gave them
naloxone, a chemically blocking antidote to morphine
the receptor sites for both morphine and endorphins (mor-

endogenous fine) in the brain. When researchers administered it
brought, the patients felt pain again! Which showed that
taking the placebos the patients had been making their own
endorphins: their own natural painkillers. It marked a milestone in research
tion of placebos, because it meant that the relief experienced
for the subjects of the study was not only mental, but also physical, he had-
had caused his state of being.

If the human body can act as its own pharmacy,
producing their own painkillers, in that case it may also be ver-
give us other natural medicines when
we need them from the infinite combination of substances
chemicals and medicinal compounds that it stores: drugs that act
you like those prescribed by doctors or even better.

Another study carried out in the 1970s by the psychologist
Robert Ader of the University of Rochester added a fascinating new
dimension to the subject of placebos: the element known as con-
conditioning. Conditioning, an idea that became famous thanks to
according to the Russian physiologist Ivan Pavlov, consists of associating one thing with
like Pavlovian dogs associating the sound of the bell with
the food after Pavlov rang it every day before eating-
to encourage them. Over time, the conditioned dogs salivated
automatically expecting to receive food whenever they heard the bell-
nilla. Because of this kind of conditioning, their bodies had
learned to respond physiologically to a new stimulus from the environment
no (in that case, the bell) even without the original stimulus that
triggered the response (food) was present.

When a conditioned response is given, it can therefore be said
that a subconscious program, stored in the body (I will talk more
in depth about it in the following chapters), takes command by overriding
the conscious mind. In this way, the body is conditioned to con-
pour into mind because conscious thoughts are no longer the
who are in control.

In Pavlov's case, he was repeatedly exposing the dogs to
smell, sight and taste of the food as he rang the bell. With the

As time went by, the mere sound of the bell made the dogs walk
They would automatically change their physiological and chemical state without realizing i
of it. Your autonomic nervous system – the body's subconscious system
that works without us realizing it—took command. The condi-
operation creates subconscious internal changes in the body by associating
memories of the past with the expectation of internal effects (what is
called associative memory) until those expected or anticipated results
two occur automatically. The stronger the conditioning,
lie, the less we can consciously control those processes and
the more automatic the subconscious programming will become.

Ader attempted to study how long these kinds of responses lasted.
tioned. He fed laboratory rats water sweetened with saccharin
rine mixed with cyclophosphamide, a drug that causes back pain
stomach. After conditioning the rats to associate the sweet taste of
water with the stomach ache, I hoped that after a while they would refuse to
drink it. His intention was to see how long they would reject it to measure the
duration of your conditioned response to sweetened water.

But what Ader was unaware of is that cyclophosphamide also inhibits the
immune system, so he was shocked when his ra-
tas began to die unexpectedly from bacterial infections and vi-
rich. Making a change in his research, he continued giving them water
sweetened with saccharin (he forced them to take it with a tale)
tagotas), but without adding cyclophosphamide. Although they no longer received the
immune system suppressing drug, the rats continued to die
of infections (in contrast, the control group that had received only the
sweetened water was still perfect). Partnering with the immunologist
Nicholas Cohen of the University of Rochester, Ader discovered that
when conditioning laboratory rats to associate the taste of water
sweetened with the immunosuppressive effect of the drug, the association was
so strong that the mere thought of sweetened water already gives them
produced the same physiological effect as the drug itself, sending the
message to the nervous system to inhibit the immune system."

As happened to Sam Londe, whose story appears in the first chapter-
chapter, the rats died from a mere thought. The researchers

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Researchers began to see that the mind could subconsciously activate
the body in several powerful ways they had never imagined.

The meeting of the West with the East

At that time the Eastern practice of transcendental meditation

(TM), taught by the Hindu guru Maharishi Mahesh Yogi, had been
become famous in the United States, fueled by the enthusiastic participation
tion of several celebrities (starting with the Beatles in the 1980s)
1960). The objective of this technique, which was to quiet the mind and
repeat a mantra during a twenty-minute meditation session,
twice a day, was to achieve spiritual enlightenment. But the practice
It caught the attention of Harvard cardiologist Herbert Benson when he saw that
could help reduce stress and cardiovascular risk factors.
Demystifying the process, Benson created a similar technique he called
"relaxation response", described in the book he wrote in 1975
under the same title.* Benson discovered that when people changed
his mental habits, he could turn off the stress response, and then
Their blood pressure dropped, their heart rate normalized, and
they enter a deep state of relaxation.

Although meditation consisted of maintaining a neutral attitude,
It also emphasized the beneficial effects of cultivating an ac-
attitude and more positive emotions. In 1952, former evangelical pastor Nor-
Vincent Peale paved the way for the mind-body connection to the pu-
publish The Power of Positive Thinking, a book that popularized the idea
that what we think produces real effects in our lives,
both in a positive and negative sense.? This idea caught the attention
of the medical community in 1976, when Norman Cousins, a political analyst,
lithician and magazine editor, published an article in the New England
Journal of Medicine on how he had used laughter to reverse an en-
illness that could have been fatal. Cousins also told his story
story in the best-selling book Anatomy of a Disease
medad, published after several years.!!

Cousins' doctor had diagnosed him with ankylosing spondylitis.
sante, a degenerative disease, a form of arthritis that causes
breakdown of collagen, the fibrous proteins that hold together
the body's cells, and had given him a 1 in 500 chance of cu-
Cousins was in tremendous pain and had so much trouble moving his
limbs that he could barely turn in bed. Nodules appeared
granules under the skin and at its worst the jaws were
rum about to lock.

Convinced that his persistent negative emotional state had
contributed to his illness, he decided that it was also possible that a
a more positive emotional state would reverse the damage. While I continued to live
Calling on his doctor, Cousins began a regimen of massive doses of
vitamin C and Marx Brothers movies (as well as other movies)
comedy shows and comedy programs). He discovered that ten minutes of laughter
The jaw swinging allowed him to sleep for two hours without feeling pain.
finally managed to fully recover. Cousins was cured simply by
base to burst out laughing.

How was this possible? Although scientists of that time could not could understand or explain such a miraculous recovery, the investigations gations show us today that it is most likely that it will be de- due to epigenetic processes. Cousins' change of attitude changed his body chemistry, and this in turn altered its internal state, allowing it program new genes in new ways: simply re-silenced (or de- activated) the genes that caused their disease and reactivated (or turned on) the rest responsible for its recovery. (In the following chapters I will talk more details about gene activation and deactivation.)

Many years later, an investigation carried out by Keiko Hayashi, of the University of Tsukuba in Japan, revealed the same." In Hayashi's study, diabetic patients who watched for a hour a comedy show reactivated a total of 39 genes, 14 of which which were related to the activity of natural killer cells rales. Although none of these genes were directly involved in the regulation tion of blood glucose, patients' glucose levels They improved more after watching the comedy show than from attending another one.

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day to a conference on how to lead a healthy life and diabetes. The researchers concluded that laughter had influenced many genes involved in the immune response, which in turn contribute bought to better control blood glucose. Positive emotions, produced by the patients' brains, encouraged the variations genetics that in turn activated natural killer cells and improved- They also somehow altered their response to glucose, probably in addition to creating many other beneficial effects.

As Cousins said about placebos in 1979: <The process doesn't work- It is not due to any magical effect of the pills, but because the body Human is the best apothecary and because he prescribes the best medicines one's own body."?

Inspired by Cousins' experience and alternative medicine, and the mind-body one that was in full development at that time, Yale University surgeon Bernie Siegel began studying why some of your cancer patients with low chances of overcome it survived, and on the other hand others with better odds were dying. As a result of his research, Siegel defined the survivors as cancer patients, especially those who maintained an optimistic spirit friend and fighter, and concluded that there were no incurable diseases, but only incurable patients. Siegel also began writing about the spe- ranza as a powerful healing force, and about unconditional love —with the natural pharmacy of elixirs it provides—, as the es- most powerful stimulant of the immune system.'*

Placebos outperform antidepressants

The profusion of new antidepressants that appeared on the market
in the late 1980s and 1990s, it sparked a controversy that
eventually increased (although not immediately) respect for the power of
placebos. In 1998, a meta-analysis of published studies was carried out
two on antidepressant drugs, psychologist Irving Kirsch, who in
that time he was working at the University of Connecticut, he was stunned

nito to discover that of the 19 randomized, double-blind clinical trials
blinded performed on more than two thousand three hundred patients, most of them
The improvements were not due to antidepressants, but to placebos.!5

Kirsch then decided to use the Freedom of Information Act
information to access unpublished information from clinical trials
costs of pharmaceutical companies, which by law had to be handed over to the
US food and drug regulatory agency.
Kirsch and colleagues conducted a second meta-analysis, this time
occasion of 35 clinical trials carried out, to analyze four of the six
most prescribed antidepressants approved between 1987 and 1999.!% When examining-
analyze information from more than five thousand patients, discover
They found that placebos had worked just as well as antidepressants.
popular depressants such as Prozac, Effexor, Serzone and Paxil in
an astonishing 81 percent of cases. In most cases,
in those where the antidepressant had been more effective, the advantages were
so small that they were statistically insignificant. The antide-
pressors only worked better than placebos in patients who
suffering from severe depression.

As expected, Kirsch's study caused a stir, and
Many researchers, becoming defensive, seemed to be dis-
when it comes to attacking placebos. While most of the
The dispute centered on the fact that these antidepressants were no better than the
placebos, patients in clinical trials improved when taking them
anyway. I mean, the drugs worked. But the ones who to-
maban placebos also improved. Instead of looking at the study of
Kirsch as proof that antidepressants failed, some in-
Researchers chose to see the glass half full and pointed out the information
tion as proof that placebos worked.

After all, clinical trials provided astonishing proof that
that by thinking that we will get better from depression, we can
cure it as if we had taken a drug. The subjects
of the study who improved with placebos had produced their pro-
natural antidepressants, such as Levine's patients in the 1980s
from 1970 who created their own natural painkillers after ex-

bring them the wisdom teeth. What Kirsch had revealed
were more evidence that our body has an innate intelligence
which allows us to provide a whole series of chemical components
things with natural medicinal properties. Interestingly, the percentage
of people suffering from depression who improve when taking a placebo in
Clinical trials on this disease have been increasing over time
of the years, as well as the response to the active medication. Some
Researchers have suggested that this is because at present the
People have higher expectations regarding antidepressants, which
This in turn makes placebos more effective in this type of trial.
double-blind clinical trials."

The neurobiology of placebo

It was only a matter of time before neuroscientists began to use
sophisticated brain scanners to observe the complexities of what
what happens neurochemically when a placebo is administered. A
An example is the 2001 study on Parkinson's patients who recovered
lost motor control after receiving an injection with a saline solution
Lina believing it was a medicine (described in chapter 1).
The Italian researcher Fabrizio Benedetti, a pioneer in research
of placebos, conducted a similar study on Parkinson's several
Years later and for the first time he was able to show the effects of a
placebo in the subjects' neurons."

His studies not only explored the neurobiology of expectations,
as in the case of patients with Parkinson's, but also the neuro-
biology in classical conditioning, something that Ader had achieved
glimpsed years ago in his laboratory rats suffering from nausea. In
In an experiment, Benedetti gave the study subjects sumatriptan
to stimulate growth hormone and inhibit cor secretion
tisol, and then, without their knowledge, replaced the drug with a placebo.
Benedetti discovered that the same areas of the patients' brains
They continued to activate like when they took sumatriptan. It was proof

that the brain was producing the same substance—in that case
growth hormone—on its own."

The same thing happened with other drug-placebo combinations.
Chemicals produced in the brain acted like those of the
drugs that the subjects had taken to treat system disorders
immune system, motor problems and depression." In fact, Be-
Nedetti even showed that placebos caused the same effects.

side effects than drugs. For example, in a placebo study,
In a study conducted with narcotics, subjects taking a placebo suffered
the same side effects of slow breathing and
superficial that caused the drug?

The truth is that our body can create a lot of substances-
Chemical companies that can heal us, protect us from pain, help us
sleep soundly, strengthen the immune system, make us
feel pleasure and even encourage us to fall in love. Think about it for a moment
about it: if a particular gene has already been expressed to make those sus-
specific chemical substances at a given time in our lives
life, but then we stop making them due to some kind of stress or
of disease that deactivated that gene, maybe we can reactivate it-
it, because our body already knows how to do it from that experience pa-
sada. (Keep reading so you don't miss the evidence from the studies that
demonstrate.)

Let's start by looking at how it happens. Neurological research
reveal something truly astonishing: if a person continues to take the
same substance, your brain will continue to activate the same circuits
the same way, memorizing what the substance does. And you can end up
conditioned by the effect of a particular pill or injection
by associating it with an internal change that you have already experienced. Because of
This kind of conditioning, when we then take a placebo, is
activate the same circuits as if we were taking the medication. The me-
associative morbidity sets in motion a subconscious program that associa-
the pill or injection with hormonal changes in the body, and
then the program automatically sends signals to the body to
that produces the same chemicals that the drug contains...

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It's amazing, isn't it?

Benedetti's research also highlights another point with great importance.
Clarity: Different types of placebo treatments work better
with different objectives. For example, in the study carried out with the suma-
triptan, the first verbal indications that the placebo worked
Naría did not manage to get the participants to produce the internal
growth hormone. For placebos to affect responses
physiological unconscious through associative memory (such as
to release hormones or alter the functioning of the immune system
logical), the conditioning must be given. However, when the
placebos to change more conscious responses (such as to al-
pain or reduce depression), a simple suggestion or suggestion is enough
expectation. So there is not just a placebo response, Bene insisted.
detti, but several.

Let your mind influence matter

In 2010 a pilot study conducted by Ted Kaptchuk at Harvard,
made the research on placebos give a surprising
twist by showing that placebos worked even when participants
pants knew they were being taken." In the study, Kaptchuk and his
Colleagues gave a placebo to 40 patients with bowel syndrome
irritable bowel syndrome (ITS). Each patient received a bottle containing the following cl
labeled "placebo pills" and told them it contained "placebo pills"
Placebo pills made with an inert substance, such as sugar pills, and
which in clinical trials had been shown to be very good for
improve IBS symptoms through mind-body processes and
self-healing." A second group of 40 IBS patients, the
control group, did not receive pills.

After three weeks, in the group taking placebos the symptoms
shots had improved twice as much as those in the group that did not take them,
a difference that Kaptchuk noted could be compared to the result
of the best drugs for IBS. These patients had not been fooled.

designed to heal themselves. They knew perfectly well that they were not to-
I order a medicine and yet, after hearing the suggestion of
that placebos would relieve their symptoms and believe in the independent outcome
Regardless of the cause, his body was influenced to make it happen.
river.

Meanwhile, other parallel studies that were analyzing the
effects of attitude, perceptions and beliefs, paved the way
no to current research on the mind-body connection, reve-
languid that through beliefs one could even affect something as con-
secret as the physical benefits of exercise. As evidenced by the
2007 Harvard University study conducted by psychologists
gas Alia Crum and Ellen Langer, in which 84 cleaners participated
hotels."

At the beginning of the study none of the cleaners knew that the job
The routine work he performed exceeded the recommendations of the head of the Service
Federal Health Department on the healthy amount of daily exercise (training)
minutes). In fact, 67 percent of women told the in-
researchers who did not exercise regularly, and 37 percent
He claimed not to do any type of exercise. After this evaluation
Initially, Crum and Langer divided the cleaners into two groups.
First they explained to him that his activity was linked to a number of
calories burned and that by the mere fact of doing their work is already-
were getting enough daily exercise. In contrast, the second group
They were not given this kind of information (as they worked in hotels dis-
reds to the cleaners of the first group, as they were unable to converse
among them would not benefit from this knowledge).

A month later, researchers discovered that women
of the first group had lost an average of 1 kilo, the percentage
Their body fat had decreased and their systolic blood pressure had
had dropped 10 points overall, even though they hadn't done anything
any other kind of additional exercise outside of work or changed their habits
foodborne illnesses. However, women in the control group who performed
They did the same work as the first ones and did not experience any
change.

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Something similar also happened in another investigation carried out
previously in Quebec, where a group of 48 young adults par-
participated in a ten-week aerobic exercise program
duration, attending three weekly exercise sessions of ninety
minutes." They divided the participants into two groups. The instructors
The first, the test subjects, were told that the study
It was designed to improve both your aerobic capacity and your
psychological well-being. Those in the second group, however, the control group,
They only mentioned the physical benefits of aerobic exercises.
At the end of the ten weeks, the researchers found that in am-
both groups had increased aerobic capacity, but only in the subjects
cough of the test, and not those of the control group, had improved con-
considerably self-esteem (an indicator of well-being).

As these studies demonstrate, simply being aware of
Something can produce a physical effect on our body and our health
importantly. What we learn, the language used to define
what we will experience and the meaning we give to the explanations
that they offer us, all of this affects our intention, and when we do
something being more motivated, we get better results.

That is, the more you learn about the "what" and the "why", the easier it is to
and the "how" will become more effective. (I hope this book helps you achieve this:
The more you know what you are doing and why you are doing it, the better you will re-
results you will get.)

We also give meaning to more subtle factors, such as co-
the amount of medication we take or the amount of pills we ingest
mos, as shown by an older, though classic, study of the
University of Cincinnati. In this study, researchers gave
57 medical students one or two pink or blue capsules, to-
They were inert, even though they were told that roses were stimulating and
blue, sedatives." The researchers concluded: "Two capsules pro-
produced more evident changes than just one, and the blue ones were associated
with more sedative effects than roses." The students considered
that the blue ones were two and a half times more effective as sedatives than
the roses, even though all the pills were placebos.

More recent research reveals that beliefs and perceptions
tions can also affect the score obtained in the tests
standardized mental performance tests. In a Canadian study of
In 2006, two hundred and twenty female students were given reading material
fake articles about research claiming that varo-
nes had a 5 percent advantage over women in terms of
mathematical performance." They divided the group into two, one group was
reported that the advantage was due to newly discovered genetic factors,
and the other, that the advantage was due to the way in which the education teachers
primary education stereotyped boys and girls. Then
They were given a math test. The girls who had read that
Men had a genetic advantage and got a lower grade.
that those who read that the advantage of men was due to stereo-
inculcated types. That is, when they were made to believe that their disadvantage
It was inevitable, the girls behaved as if they really had that
disadvantage.

A similar effect has been documented in African-American students.
gray-haired people, who historically get lower grades than white people in
in terms of vocabulary, reading and math tests. This is the case of the
Scholastic Aptitude Test (SAT),
even when socioeconomic class is not an intervening factor. In
In reality, students of color average a score of
70 to 80 percent lower than white students in the same class
age on most standardized tests.* Psychologist Claude
Steele, from Stanford University, explains that the blame lies with a
effect called "stereotype threat." Their research shows
that students from groups that have been negatively stereotyped
mentally perform less well when they believe that the score will be evaluated according to
that stereotype that when they don't feel that kind of pressure."

In Steele's landmark study, conducted in collaboration
With Joshua Aronson, researchers conducted a series of tests
verbal reasoning exercises for second-year students at the University
Stanford University. Some were led to believe in the instructions that
stereotype that students of color got lower grades than

whites and told them that the test they were about to perform was
to measure their cognitive ability. And, on the other hand, those in the other group
They said the test was nothing more than a research tool
unimportant. In the group where they had been told about the stereotype,
Students of color scored lower than whites.
cos, despite all having obtained the same score on the SAT. But in the
group in which the stereotype was not discussed, students of color and

White people who had gotten the same score on the SAT got the
same score, demonstrating that the pumping effect had marked
a big difference.

The pumping effect basically means when someone, somewhere
or something in our environment (for example, when taking a test) unhinges
dena all kinds of associations stored in our brain (such as,
for example, that those who correct that test believe that the students
of color always score lower than whites), ha-
making us act in a certain way (getting a higher grade)
low) without being aware of it. It is called the "pumping effect" because it works
It works like priming a pump. You have to have water in the system.
pumping theme to pump more water out of it. In this example, the idea
or the belief that other people expect students to co-
getting a lower score than whites is like water that
It's already in the system: it's always been there. When you do something to ac-
activate the system (grab the pump handle or do the test), you are
removing all those thoughts, behaviors or emotions related to
you swim with it and you get out exactly what was waiting to come out of the system-
subject: either water, in the case of a bomb, or a lower score,
if it is a test.

Think about it for a moment. Most autistic behaviors
The photos produced by the "pumping effect" are created by a program-
unconscious or subconscious action that most of the time happens without
that we realize. Are we being conditioned to act in a
unconsciously all day long without even knowing it?

Steele replicated this effect in other stereotyped groups as well.
When he gave a math test to a group of students

whites and Asians who excelled in this subject, the students
whites in the group who had been told that the Asians were taking out
a slightly higher score than whites on this type of test
bas did not perform as well as the white students in the con-
troll those who hadn't been told. Steele's experiments carried out
carried out with female students who excelled in mathematics
cases revealed similar results. When they waited unconscious-
mind getting a lower score, exactly that happened to them.

The most important results of Steele's research reveal
something very deep: what we have been conditioned to believe about no-
ourselves and what we have been programmed to believe that others
think about us affects our performance, such as the success we have
We will dwell. The same thing happens with placebos: what we have been conditioned to do
ted to believe that it will happen to us when we take a pill, and that
what we believe that everyone around us (like our
doctors) expects it to happen to us when we do it affects how our

body will respond to the pill. Could it be that many drugs or in-
Even surgical interventions work better because we have been
"priming", educating and conditioning again and again to believe in their
effects, when if it were not for the placebo effect these drugs might
wouldn't work as well or even at all?

Can you be your own placebo?

Two recent studies from the University of Toledo in Ohio may have
been the ones who have shed the most light on how the mind determines what
we perceive and experience.* For each of the studies, the in-
Researchers divided a group of healthy volunteers into
two categories—optimists and pessimists—depending on how they responded to
the questions on a diagnostic questionnaire. In the first study,
They were given a placebo, but they were told it was a drug that would make them
feel bad. Pessimists had a stronger negative reaction to
the pill that optimists take. In the second study, researchers

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They also gave the participants a placebo, telling them this time
that would help them sleep better. The optimists reported having slept
I do much better than the pessimists.

Optimists tended to respond positively to the suggestion.
tion that something would make them feel better because they had been <primed>
to hope for the best outcome. And pessimists were more likely to
respond negatively to the suggestion that something would make them feel
worse because consciously or unconsciously they expected the worst re-
possible outcome. It is as if optimists unconsciously produce
you the specific chemicals that would help them sleep, and the
pessimists would create a pharmacy of chemicals that would make them
feel bad.

That is, in exactly the same environment, people of a mentality-
Positive mindsets tend to create positive situations and those with a positive mindset
negative tend to create negative situations. This is the miracle of
our individual biological engineering endowed with free will.

While it is not known exactly how many medical cures were pro-
of the placebo effect (in his 1955 article cited above in
In this chapter, Beecher claimed that there were 35 percent of them, but
Current research shows that it can range from 10 to 100
percent),** the total amount is certainly very important. Therefore,
We must ask ourselves: what is the percentage of diseases and disorders?
us due to the effects of negative thoughts on nocebos? Te-
Taking into account that the most recent scientific research in the
field of psychology estimate that about 70 percent of our

thoughts are negative and redundant, the amount of disease-
since we can create unconsciously due to the nocebo effect is
tremendous, certainly much higher than we believe." This idea
makes sense, given that many mental, physical and emotional disorders
end seem to emerge from nowhere.

Although it may seem incredible to you that your mind is so powerful, the in-
Research in recent decades clearly points to some major

truths: what you think is what you experience, and in relation to your
health, you materialize it through the amazing pharmacopoeia that you have in
the body and that aligns automatically and exquisitely with your thoughts
ments. This miraculous pharmacy naturally activates the mol-
healing compounds that already exist in your body, releasing different components
Chemical components designed to produce different effects in different
circumstances. Naturally, this makes you wonder: how did he do it?
we do?

In the following chapters I will explain how this occurs at the biological level.
and how you can apply this innate ability to create in a delicate way
be given the health—and life—you want to experience.

3

The placebo effect in the brain

If you have read my previous book, Stop Being You, you will discover that in this ca-
In the title I summarize much of the information it contains. If you like,
that you have already mastered, skip it or skim it to review the concepts.
coughs you need. And if you don't know what to do, I advise you to read the chapter
it, because to understand the following chapters you will need to understand-
give what I present to you here.

As the stories in the last two chapters illustrate, when
we change our state of being, the body responds to the new mind.
And then our thoughts begin to change too. Gra-
Due to the large size of our frontal brain, humans have
We have the privilege of being able to make our thoughts come to life
more than anything else, and that's how placebos work. To see
the evolution of this process it is essential to examine and review three elements
fundamental coughs: conditioning, expectations and meaning.
As you will see, these three concepts act together to orchestrate the response
placebo.

I have already explained conditioning, the first element, when speaking
Pavlov's in the previous chapter. In short, conditioning occurs
when we associate a memory from the past (for example, taking an as-
pirine) with a physiological change (disappearance of the headache)
because we have already experienced it many times. Consider it this way
form: if you notice that your head hurts, you are realizing that
a physiological change has occurred in your inner world (you feel pain)
lor). The next thing you do is look for something in the outside world (in this
case, an aspirin) to create a change in your inner world. It is po-

I could say that it was your inner state (feeling pain) that led you to
to think about a decision, action or experience of yours from your external reality
previous that changed how you felt (by taking the aspirin and getting relief
headache).

The stimulus, or agent, of the outside world which in this case is called-
aspirin, therefore creates a specific experience. When this
experience produces a physiological response or reward, it changes your
inner world. As soon as you notice a change inside you, you notice
in that of the outside world which has caused it. To this fact –
When something outside changes something inside you—it's called memory
associative.

If you keep repeating the process over and over again, the external stimulus by
association becomes so strong or reinforced that if the
aspirin for a sugar pill that looks like aspirin, will produce
an automatic internal response (relieving your headache). It is
one of the ways in which the placebo works. Figures 3.1 A, 3.1 B and 3.1
C illustrate the process of conditioning.

Expectations, the second element, come into play when you have
a reason to expect a different outcome. Such as, if your-
You have chronic arthritis pain and your doctor prescribes a new medication.
enthusiastically explaining to you that it will relieve your pain, and you accept what
suggests to you and you hope that when you take it something different will happen to you
you feel pain). In that case your doctor has influenced your level of suggestibility.
ability.

As you become more suggestible, you associate something from the outside (the
new drug) with which you choose from a series of different pos-
bilities (in this case, freedom from pain). In your mind, you are choosing
a different possible future, anticipating and expecting a different outcome
to. If you accept and emotionally expect this new chosen outcome,
materialize, and this also produces in you an emotion that is sufficiently
tense, your brain and body will not distinguish between imagining that you have
changed your state of being to free yourself from pain and the event
that has caused your state of being to change. For the brain and the body
they are the same.

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CONDITIONING

In Figure 3.1 A, (C ËY
a stimulus produces

a physiological change RESPONSE
called STIMULUS REWARD response

or reward.
FIGURE 3.1 A

Figure 3.1 B

shows that

if you combine a

stimulus with

a stimulus AND

conditioned the
sufficient amount of

times, will follow STIMULUS | EET RESPONSE
producing a conpicionapoj t “IT IS REWARD

response. FIGURE 3.1 B

a stimulus
conditioned

placepo s can CONDITION REWARD
produce the same

physiological response. FIGURE 3.1 C

Figure 3.1 C
illustrates that if
you remove the stimulus
and you replace it with

In the brain, the same neural circuits are therefore activated.
ronals that would be activated if your status had changed (if the medication-
ment would have worked by relieving your pain), which releases the
same chemicals in your body. What you're waiting for (that the
pain goes away) occurs because the brain and body create the per-pharmacy
fect to change your internal state. Now you have a new state of the
being, that is, the mind and body acting in unison. Such is your power.

Giving meaning, the third element, to a placebo helps it work.
cione because when you give a new meaning to an act, you add a
intention. That is, when you learn and understand something new, you put more energy into
gy. For example, in the study on the cleaners of a hotel in the capi-
previous title, as soon as they understood the considerable physical exercise
what they did every day when carrying out their work and the benefits it brought them,
They attributed greater meaning to these actions. They did not limit themselves to pa-
vacuuming, scrubbing, and mopping the floor, but they understood that
were exercising their muscles, increasing their physical strength and burning
of calories. As vacuuming, mopping and scrubbing the floor had more
meaning for them after researchers made them aware of them
about the physical benefits of exercise, the intention or goal of lim-
pious women was not just to do their job, but also to exercise
physical activity and be healthier.

And that's exactly what happened. Instead, the cleaners of the
control group did not attribute the same meaning to their tasks because-
who didn't know that what they were doing was good for their health,
so they did not receive the same benefits, even if they performed
exactly the same actions.

The placebo works the same way. The more you believe it works-
will be a substance, a procedure or a surgical intervention in
particular because you have been made aware of its benefits, more possibilities
You will have to respond to the thought of improving your health and feeling
better. That is, if you give more meaning to a possible experience with
a person, a place or an object from the outside to change your inside,
the more likely you are to change your inner state through
thoughts. Also, the more you accept a new outcome related to

related to your health - because you have been made aware of the possible
rewards of what you are doing—the clearer the model will be that
you are creating in your mind, and you will better <prime> your brain and your body
to reproduce exactly that. In short, the more
the more you believe in the cause, the better the effect.

The placebo: anatomy of a thought

If the placebo effect is a function of how a thought can change
change physiology—we could call it the power of the mind over the ma-
teria—in this case perhaps we should examine our thoughts
cough and how they interact with our brain and body.
We will start with our personal daily thoughts.

We humans are creatures of habit. We have 60,000 to
70,000 thoughts a day,' and 90 percent of them are exactly-
the same as the day before. We got up for the same
side of the bed, we follow the same routine in the bathroom, we comb our hair
the same way, we sit in the same chair to have breakfast, holding
We hold the cup in the same hand, we drive along the same route to the
same job as always, and we do the same things we know how to do-
get along so well with the same people (who upset us emotionally)
(in the same way) every day. And then we rush back home
to rush to read the email, to rush to ce-
nar, to rush to watch our favorite program on TV, to
rush to brush our teeth the same way we always do,
to hurry to go to bed, to hurry to get up at night
next morning and do the same thing again.

If it seems like you're saying that we live most of our lives
on autopilot, this is exactly what I mean.
Having the same thoughts as always leads us to take the same actions.
decisions. Making the same decisions leads us to manifest the same
behavior. Manifesting the same behavior leads us to create the same ex-
experiences. Creating the same experiences leads us to have the same

emotions. And having the same emotions leads us to the same thoughts
ments. Look at figure 3.2 and follow the sequence of how our
same old thoughts create our same old reality.

SAME REALITY

SAME THOUGHTS AND

IN THE SAME DECISIONS P

SAME ACTIONS
AND BEHAVIORS

IN SAME EXPERIENCES I

SAME FEELINGS

ANCIENT STATE OF BEING
FIGURE 3.2

How we create the same old reality with our thoughts.

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This conscious or unconscious process makes your biology follow
remaining the same. Neither your brain nor your body changes because you are te-
having the same thoughts as always, doing the same actions
tions and living according to the same emotions, even though deep down you are
wanting your life to change. You create the same brain activity, which
activates the same brain circuits and reproduces the same brain chemistry
rebral, and this affects your body chemistry in the same way as
always. And the same chemistry sends the same signals to the same ge-
nes. And the same genetic expression creates the same proteins, the com-
basic components of cells, so the body remains the same
as always (later I will discuss the topic of proteins more
background). And as the expression of proteins is the expression of life or
health, your life and your health remain the same as always.

Let's now take a look at your life for a moment. What does it mean
Is this for you? If you're having the same thoughts as yesterday, the most
You will probably make the same decisions today. These same decisions
today's behavior leads to the same behavior tomorrow. The same behavior
tomorrow's habitual experience will produce the same experiences in your future.
The same episodes in your future reality will create the same emotions
predictable to you all the time. That's why you feel the same every day. Yesterday
becomes tomorrow, so in reality your past is your future.

If you agree with me on this point, one could say that this
familiar feeling that I just described is "you": your identity or your
personality. It's your state of being. And it's something natural and automatic with what
that you feel comfortable. It's your old self living in the past.

When you let this redundant process happen on a daily basis (because you get un-
You wake up in the morning and anticipate and remember the feeling of being "you" every da
day), over time this known state of being eventually leads you to-
do to the same old thoughts that make you want to continue with
the same automatic cycle of decisions, behaviors and experiences for
to feel again this familiar sensation that you consider as "you".
so that your personality remains the same as always.

If this is your personality, then your personality creates your reality per-
personal. It's that simple. And your personality is made up of how you think, act,

you and feel. The current personality of the person reading this
page has created the present personal reality called your life, and this also
It also means that if you want to create a new personal reality—a new
life—, you have to start analyzing the thoughts that you have been having
or reflect on them and change them. You must become aware of
the unconscious behaviors you have been choosing to show that you
have led to the same old experiences, and then take new ones
decisions, take new actions and create new experiences. The figure
3.3 shows you how your personality influences your personal reality.

YOUR PERSONALITY CREATES YOUR PERSONAL REALITY

qoo Mp, to DAD PERSO,
< 7
or < a .*

THOUGHTS

YOU
HE
And | < [E
(0) O to Q
S s 2
< 3» FEELINGS © <
“DAD PERSO My PERSON

STATE OF BEING

FIGURE 3.3

Your personality is shaped by the way you think, act, and feel. It's your state of being. Your same old thoughts, actions and feelings keep you tied to your own personal reality of the past. But when you as personality you accept new thoughts, actions and feelings, you inevitably create a new personal reality in your future.

Observe those memorized emotions that you feel daily, pay attention to them. attention and decide if living by letting yourself be carried away by them again and again laugh at yourself. Most people try to create a new reality personal quality with the same old personality and this doesn't work.

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To change your life, you must literally become someone else. Below you will find the scientific evidence that demonstrates this process. Take a look at figure 3.4 and follow the sequence again.

NEW REALITY

NEW THOUGHTS AND

< NEW DECISIONS I

ACTIONS AND CONDUCTS
NEW

< NEW EXPERIENCES

NEW FEELINGS

NEW STATE OF BEING

FIGURE 3.4

How we create a new reality with our thoughts.

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If you understand this model, you will agree with me that your new pens-
knowledge leads you to make new decisions. New decisions lead you to make new decisions.
lead to new behaviors. New behaviors lead to new experiences.
experiences. New experiences produce new emotions and
New emotions and feelings inspire you to think in new ways.
This is called "evolution." And your personal reality and your biology—the
your brain circuits, your internal chemistry, your genetic expression and, finally-
mind, your health—end up changing because of this new personality,
This new state of being. And it all begins with just a thought.

A quick look at how the brain works

By now I have briefly mentioned terms like circuits
of the brain, neural networks, brain chemistry and genetic expression without
barely explain what they mean. Throughout the rest of the chapter we describe
I will give some simple scientific interpretations of how the cer-
rebro and the body in unison to create a complete model of how you
reality can become your own placebo.

Your brain—which is 75 percent water like mine—
spirit and has the consistency of a soft-boiled egg—, is formed-
made up of about one hundred billion nerve cells, called neurons,
arranged perfectly in the watery environment in which they float. Each
nerve cell resembles a springy oak, although without leaves, with ra-
more serpentine and root systems that connect and disconnect
to other nerve cells. A particular nerve cell may have
from 1,000 connections to over 100,000, depending on where you live
in the brain. For example, the neocortex—your thinking brain—has
from 10,000 to 40,000 connections per neuron.

The brain used to be seen as a computer and although it resembles one in
certain aspects, today it is known that this is not exactly the case, since each
A neuron is a biocomputer in itself, with more than 60 megabytes
RAM, capable of processing huge amounts of information
tion, executing even thousands of functions per second. As

you learn new things and have new experiences in life, your neuro-
nas create new connections, exchanging electrochemical information
mica with each other. These connections are called synaptic connections,
because the place where cells exchange information—the space—
space between the branch of one neuron and the root of another—is called a synapse.

If learning creates new synaptic connections, then recom-
Giving is maintaining these connections. A memory is therefore a relationship
or long-term connection between nerve cells. And the creation of these
connections and the ways they change over time alter the

physical structure of your brain.

As the brain makes these changes, your thoughts pro-
produce a mixture of different chemicals called neurotransmitters
transmitters (such as serotonin, dopamine, and acetylcholine)
among others). When you have a thought, the neurotransmitters of the
branch of a tree neuron cross the synaptic gap to reach the
root of another tree neuron. As soon as they cross this space, the neuron
downloads information in the form of electrical impulses. When you follow
having the same thoughts as always, the neuron continues to fire-
dose of the same forms, thus strengthening the relationship between the
two nerve cells so that the next time they are activated, they transmit
the signal more quickly. That's why the brain reveals the physical evidence of
not only having learned something, but also remembering it. This process
of selective reinforcement is called synaptic potentiation.

When tangles of neurons fire in unison to support a
new thought, an additional chemical substance is created in the nerve cell
tional (a protein) that penetrates to the center of the same or nucleus, where it
will integrate into the DNA. The protein then changes several genes. As the work
of genes is to create proteins that maintain both the structure and the
body function, the nerve cell rapidly produces new pro-
theine to create new branches between nerve cells. When you repeat a
thought or experience enough times, in addition to being reinforced
the connections between your nerve cells (affecting your physiological functions)
cas), increases the number of connections (affecting the physical structure of the
body). The brain is enriched more at the microscopic level.

As soon as you have a new thought, you therefore change at the level
neurological, chemical and genetic. In fact, when learning, thinking and experiencing
By introducing new things, you create thousands of new connections in a matter of
seconds. So at this very moment you can activate new genes
simply through thought. It happens by changing your mind,
It is the power of the mind over matter.

Eric Kandel, Nobel Prize winner in Medicine, demonstrated that
When new memories are created, the number of synaptic connections
of stimulated sensory neurons doubles to 2,600. But unless
that the original learning experience is repeated over and over again,
The number of new connections is again reduced to the 1,300 of the principle
principle in just three weeks.

If we repeat what we have learned enough times, we will be
reinforcing communities of neurons that will help us remember it
next time. Otherwise, synaptic connections will disappear.
will soon disappear and the memory will be erased from the mind. That is why it is
It is important to continually update, review and remember your new
thoughts, decisions, behaviors, habits, beliefs and experiences

If you want to consolidate them in your brain? Figure 3.5 will help you familiarize yourse
get involved with neurons and neural networks.

To give you an idea of how immense this system is, imagine-
a nerve cell connecting with another 40,000. Let's say
that processes 100,000 bits of information per second and shares it
with other neurons that are also processing 100,000 functions
per second. This network, made up of groups of neurons that act
together, is called a neural network. Neural networks form communities
from synaptic connections. They can also be called neurocircuits.

As the nerve cells in the gray matter of your brain change,
physically and that neurons are selected and organized in these re-
huge ones that process hundreds of millions of bits of information, the
The physical hardware of the brain also changes, adapting to the information
received from the environment. And over time, as the neural networks
ronals are activated again and again, grouping and dispersing the activity
electric like the dense clouds of an imposing thunderstorm, the

brain continues to use the same hardware systems (neural networks)
physical les), but will also create a software program (a neuro-
automatic final). This is how programs are installed in the brain. The
hardware creates the software, and the software system is recorded in the hard-
ware, and every time you use the software, you reinforce the hardware.

NEURAL NETWORK

SYNAPTIC SPACE

FIGURE 3.5

Simple graphical representation of the neurons in a neural network. The tiny
space between the branches of neurons that facilitates communication between them
called synaptic space. In the space occupied by a grain of sand, there would be enough spa
100,000 neurons and between them there would be more than a billion connections.

When you have the same thoughts and feelings as always
because you are not learning or doing anything new, the brain activates
neurons and neural networks with exactly the same sequences
sequences, structures and combinations. They become programs

automatic ones that you use without realizing it every day. You have an automatic network neural network to speak a language, shave or put on makeup, type in the computer, judge your coworker, etc., because you have performed these actions so many times that they have practically become unconscious. You don't have to think about them anymore. They come out naturally. natural.

You have reinforced these circuits so often that they have become etched in the hardware of your brain. The connections between neurons have been re-forced, new circuits have formed and branches have lengthened and thickened physically, as if you had strengthened and reinforced a bridge, created several new roads, or widened a highway to accommodate more traffic.

One of the basic principles of neuroscience states: "Cells the nerves that fire together, connect together."? As your brain is activated over and over again in the same way, you are reproducing having the same level of mind. According to neuroscience, mind is the cer-re-emerge in action or functioning. Therefore, if you are reminding yourself Every day, who you think you are by reproducing the same mindset as always, you are activating your brain in the same way, and you will continue to activate the same more neural networks for years and years. And in your thirties your ce-rebro will have already been organized into a very limited imprint of pro-automatic gram, and these fixed structures are called your identity.

Think of it as a box inside your brain. Of course-to, it is not a real box. But think of it the same way as It always means that in your brain you have physically created a structure limited structure, as illustrated in Figure 3.6. When deciding to reproduce the same level of mind over and over again, the series of circuits that are most neurologically activated have predetermined who you are.

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NEURORIGIDITY

THINK AS ALWAYS

FIGURE 3.6

If your thoughts, decisions, behaviors, experiences and moods remain the same as always for years and years - and have the same thoughts is equivalent to having the same feelings, thereby reinforcing this endless cycle—your brain acquires a limited imprint, because You are recreating the same mind every day by always activating the same ones neural structures. And over time, you end up reinforcing

biologically a limited set of neural networks that make
that your brain tends to create the same mental level as always,
until you end up always thinking the same. Your identity is the whole
of these circuits that have been recorded in your brain.

Neuroplasticity

Our goal is therefore to stop thinking as usual in order to
the brain to activate in new ways, as illustrated in Figure 3.7. Having
an open mind is this, because when you make your brain work-
in a different way, you are changing your mind in the literal sense.

Research reveals that as we use our brains, they
grows and changes thanks to neuroplasticity: its ability to
adapt and change when we learn new information. By
For example, the more mathematics a mathematician studies, the more branches
neural networks will be created in the area of the brain that is activated by mathematics.
cas.* And to a professional musician after having been performing
symphonies and playing in orchestras increases the part of the brain that relates to
related to language and musical skills."

In scientific language, the functioning of neuroplasticity of the
brain is called pruning and sprouting, which means exactly this-
mind: eliminate some connections, structures and neural circuits and
create new ones. In a properly functioning brain, this pro-
process can occur in a matter of seconds. A team of researchers from
The University of California, Berkeley, demonstrated this in a study
conducted with laboratory rats. They discovered that the rats that lived
in an enriching environment (sharing the cage with his sisters and
their offspring, and having different toys) had a larger brain-
of, with more neurons and neural connections than those who lived in a
less enriching environment.* When we learn new things and have-
As we experience new things, our brains literally change.

But freeing yourself from the limitations of your brain's programs and the
conditioning that makes you the same as always requires es-
strength. And also knowledge, because when you learn information,
crucial information about yourself or your life, you create a new design in the embroidery
three-dimensional gray matter. Then you have more matter
raw materials to make your brain work differently. Start-
you start thinking about reality and perceiving it differently because you see yourself
life from the perspective of a new mind.

NEUROPLASTICITY

THINK IN DIFFERENT WAYS THAN USUALLY

FIGURE 3.7

When you learn new things and start thinking in new ways,
You make different sequences and structures activate in your brain
and combinations. That is, you are activating a large number of
various neural networks in different ways. And whenever you do
your brain works differently, you are changing your mind.
And as you start to think differently, the new
thoughts lead you to make new decisions and to have
new behaviors, experiences, and emotions. And then
your identity also changes.

Crossing the River of Change

By now you know that to change you must be aware of your self
unconscious (which is nothing more than a series of programs recorded in your
brain).

The hardest thing about changing is not making the same decisions.
from the day before. It costs so much because the moment you no longer have
the same thoughts that lead you to make the same decisions
as usual —making you automatically act as usual
to live the same situations in order to reaffirm the same emotions
of your identity—you feel uncomfortable. You are not used to
This new state of being, and not knowing it, does not seem "normal" to you.
You feel the same, because you are not. And since everything seems uncertain,
You can no longer foresee the feeling of the self that is familiar to you or that which
reflects you in your life.

But as uncomfortable as it may be at first, at that moment
You will know that you have just entered the river of Change. That you have entered
into the unknown. As soon as you are no longer the same as always, it means
that you have crossed the space between your old self and the new one, just as the fi-
Figure 3.8 illustrates this clearly. That is, you do not change your personality in
a matter of seconds, but it takes time.

Usually, when people get into the river of Change, that
The gap between the old and the new self is so bothersome to them that in the
act revert to their old selves. They think automatically
ca: this can't be good, I feel uncomfortable or I don't feel at ease.

As soon as they accept this thought, or autosuggestion (and become su-
manageable by their own thoughts), they take it again without realizing it
They make the same old decisions that will lead them to progress.
sion of the same old behaviors to create the same experiences
experiences, which will automatically make them have the same emotions and
feelings of always. And then they will say to themselves: this is what
Sounds good to me. But what they really mean is that it seems to them
acquaintance.

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CROSSING THE RIVER OF CHANGE

OLD ME TO NEW ME

RIVER OF CHANGE and

PAST FUTURE
KNOWN UNKNOWN/EMPTY UNKNOWN
AND PREDICTABLE AND UNPREDICTABLE

FIGURE 3.8

To cross the river of change you need to shed your known self.
and predictable —connected to the same thoughts, decisions,
behaviors and feelings of always—, and enter into the void
or into the unknown. The space between the old self and the new self
constitutes the biological death of your old personality.

If the old self is to die, in this case you must create a new self.
with new thoughts, decisions, behaviors and emotions.
To enter this river is to acquire a new, unknown and unpredictable self.
The unknown is the only place where you can create, because from
what is known makes it impossible for you to create anything new.

As soon as you understand that crossing the river of Change and feeling that
discomfort is actually death at the biological, neurological, chemical level
co and even genetic of the old self, change will no longer terrify you and po-
you will try to reach the other shore. If you accept that change means
undo the circuits you have created by thinking for years in the same way
in a way that you can face it without realizing it. If you see that the uneasiness
What you feel is the dismantling of old attitudes, beliefs
and perceptions that you have recorded again and again in your architecture
cerebral, you will be able to bear it. If you understand that the drives to which

you face when you are trying to change come from the monkey of the
chemical and emotional addictions of your body, you will overcome them. If you-
to understand that the biological variations that are occurring in
you are due to the subconscious habits and behaviors that your body is
changing at the cellular level, you can move forward. And if you keep in mind
that you are modifying your own genes of this life and of the incalculable ones-
previous generations, you will be able to stay focused on your goal and
inspired to achieve it.

Some people call this experience the dark night of the
soul. It is the phoenix burning and turning into ashes. So that
a new self is born the old one must die. Of course this is inconvenient for you!
comfortable!

But don't worry, because the unknown is the perfect place to-
from which to create, where possibilities exist. Can there be anything
better? As most of us have been conditioned to run away from
the unknown, now you have to learn to feel comfortable with the va-
embrace the unknown rather than fear it.

If you told me that you don't like feeling that emptiness because it unsettles you and
prevents you from seeing what awaits you by not being able to foresee the future, I will a
I would say that this situation is ideal, because the best way to foresee the
The future is to create it from the unknown rather than from the known.
do.

As your new self is born, you must also change biologically.
mind. That's why you have to create new neural connections and maintain
ner them by deciding to think and act in new ways every day. And then re-
force them by creating the same experiences over and over again until they are
become habits. You must familiarize yourself with the new chemical states
monkeys that will have created emotions coming from enough
A lot of new experiences. And you have to send signals to new people.
genes to create new proteins and thus change your state of being
new forms. And if, as you have already seen, the expression of proteins is the
expression of life, and the expression of life is equivalent to the health of the
body, in this case you will be creating a new structural and functional level
end of health and life. Your mind and body will be renewed.

When a new day dawns after a long night of darkness,
rity and the phoenix rises from its own ashes, you have just created a self
new. And the physical and biological expression of this new self means liter-
really become someone else. This is a real meta-

morphosis.

Transcending your environment

Another way to think of the brain is to say that it is organized to
reflect everything you know and have experienced in your life. Now in-
you tend that every time you have interacted with the outside world, those
facts have shaped and molded you into who you are today. The complex
networks of neurons that have been activating and connecting throughout
of your days on Earth, have formed billions and billions of co-
connections, because you learned things and stored memories. And as
Any place where one neuron connects with another is called a "re-
sane," your brain is a living memory of the past. The countless
ble experiences you have had with people and things at different times
moments of your life and places, have been recorded in the recesses of
your gray matter.

Most of us tend to think about the past because we use
the same hardware and software programs from our
memories. And if we are living the same life every day by doing the same things
more things at the same time, see the same people and the same places-
same old thing, and create the same experiences as the day before,
In that case we will not be able to prevent our external world from influencing us.
our inner world. Our environment is then what controls
how we think, act and feel. We are victims of our re-
personal quality because it is what creates our personality, and it is also
has become an unconscious process. And this in turn makes it continue-
We are thinking and feeling the same thing as always, and then the world
exterior is intertwined or united with our inner world, and they merge with-
pouring into the same thing, the same thing happens to us.

If our environment is what conditions what we think and feel
daily, in order to change there must be something in us or in our
life that transcends the present circumstances that surround us.

Thinking and feeling, and feeling and thinking

Just as thoughts are the language of the brain, feelings are
Coughs are the language of the body. And what you think and feel creates a state
of being. A state of being is when your mind and body act together.
So your current state of being is the authentic mind-body connection.

Every time you have a thought, your brain, in addition to creating
neurotransmitters also produces another chemical, a pe-

a small protein called a neuropeptide that sends a message to your body.
This then reacts by experiencing a feeling. The brain ad-
It reveals that the body is feeling something and generates another corresponding thought.
with the feeling you are having, and this in turn produces the same
chemical messages that allow you to think the way you want
you are feeling.

Thoughts create feelings and feelings then create
go some thoughts in accordance with those feelings. It is a loop (in
the one we get stuck in for years). And how the brain acts
according to the feelings of the body when generating the same thoughts
that will create the same emotions, it is evident that those thoughts
Redundant coughs will end up creating neurocircuits in your brain
with a fixed structure.

But what happens in the body? As feelings are the modus operandi
operandi of the body, the emotions you are continuously feeling
based on your automatic thoughts end up making the body
memorize those emotions that are like an unconscious program
of the mind and the brain. This means that the conscious mind is not the
who is in charge. You have subconsciously programmed and conditioned
the body, in a very real way, to become the mind.

In the end, when this loop of thinking and feeling and feeling and thinking is

has been given enough time, our body ends up memorizing-
the emotions that the brain has signaled you to feel. The cycle has
installed and has become so rooted that it creates a state of being known as
based on old information that is constantly being recycled. Those emotions
tions, which are nothing more than chemical records of past experiences,
They are the ones that motivate our thoughts and the ones that arise over and over again
time. As long as they keep appearing, we'll be living in the past.
No wonder it's so hard for us to change our future!

When neurons are always activated in the same way, they end up
triggering the release of the same neurotransmitters and neu-
ropeptides in the brain and body, and then those same substances
Chemicals make the body remember those emotions by altering it
physically again. Cells and tissues receive these chemical signals
micas so specific to specific receptor sites. The re- sites
receptors are like docking stations for chemical messengers
monkeys. The messengers fit perfectly into the place, like a
children's puzzle in which various shapes, such as a circle, a
triangle or a square, fit into their respective holes.

It's as if those chemical messengers, which are actually molecules
of excitement, they would carry barcodes that would allow them to read
the cell receptors carry the electromagnetic energy they carry.

When the perfect union occurs, the receptor site is prepared. The message-
ro couples, the cell receives the chemical message it carries and then creates
or alters a protein. The new protein activates the cell's DNA in the
nucleus. The DNA then opens and unfolds, the gene is read to
receive that corresponding message from outside the cell,
and this creates a new protein from DNA (for example, a hor-
monkey in particular) and releases it into the body.

Now the mind is training the body. If this process is followed
giving for years and years because the same signs from the outside of the
cell come from the same mental level of the brain (by thinking,
doing and feeling the same thing every day), it is logical that the
same genes in the same ways, because the body is receiving the
same information from the environment. No new thoughts arise, nor are

make new decisions, nor do new behaviors manifest themselves, nor do they live
They do not see new experiences, nor do they create new feelings.
When the same information from the brain always activates the same
genes, those genes are selected over and over again and, just like the
gears of a car, they begin to wear out. And then the body
produces proteins with weaker structures and less effective functions.
ces. We get sick and old.

And with the passage of time, one of the following two things happens:
situations. The intelligence of the cell membrane, which continues to receive
Every day the same information as always, it adapts to the needs and
demands of the body by modifying its receptor sites in order to con-
have a higher amount of those chemicals. It basically creates
more docking stations to meet demand, as well as
In supermarkets, additional checkouts are opened when queues are full.
are too long. If business is going well (if they keep coming in,
gar the same chemicals as always), you will have to hire
more employees to have more boxes working. Now the body is so
powerful as the mind.

In the other situation, the cell is too overwhelmed by the continuous
bombardment of feelings and emotions to allow them to fit together
all chemical messengers. As the same chemicals of
They always hang around in front of the docking station doors.
I lie all the time, the cells end up getting used to the presence
of those chemicals. So they only open their doors when
the brain produces a lot of stronger emotions. As soon as au-
the intensity of the emotion increases, the cell receives sufficient stimulation
as to open the doors of the docking station and then it
active. (I will discuss the importance of the active in more detail later.)
emotions, since it is a fundamental part of the placebo effect.)

In the first situation, when the cell creates new re-

receptors, the body craves to receive those specific chemicals
when the brain does not produce enough and therefore our feelings
thoughts end up determining our thoughts: the body controls
the mind. This is what I mean when I say that the body memorizes the

emotion. It has become biologically conditioned and altered
to be a reflection of the mind.

In the second situation, when the constant bombardment overwhelms the
cell and receptors become desensitized, just as happens to a drug user
I say, the body needs to receive a greater amount of chemical substances
cases to activate the cell. That is, so that your body feels stimulated-
and get your dose, you will need to get angry, worry, blame yourself or
confuse you more than last time. So maybe you feel the desire to
make a scene by yelling at your dog for no reason just to
give your body the "drug" it has become addicted to. Or maybe you can't
you avoid talking about how much you hate your mother-in-law so that your body
create even more chemicals still potent enough to
activate the cell. Or you might start obsessing over some horri-
imagined outcome for your body to receive an injection of hor-
adrenal glands. When the body does not receive the chemicals
emotional cases that it needs, it sends a signal to the brain so that
make more: the body is controlling the mind. How does this look like
much like an addiction, when I now use the term emotional addiction
you'll know what I mean.

When feelings have become the vehicles for thinking
to be like this - or we cannot think beyond what we feel -
means that we are running on automatic. Our
thoughts are what we feel and our feelings are what we
we think. What we experience is like a fusion of our thoughts
thoughts and feelings: we are feelingthinking and thinkingfeeling.
As we have become trapped in this loop, our body, like
unconscious mind, believes it is living the same experience as in the past
twenty-four hours a day, seven days a week, three hundred
sixty-five days a year. The body and mind become one, aligning
dose to a destiny predetermined by our unconscious programs.
Therefore, in order to change it is necessary to go beyond the body and its re-
emotional cords, their addictions and their unconscious habits, it is
that is, so that the body does not continue acting as if it were the mind.

The repetition of the cycle of thinking and feeling, and then feeling and thinking,

It is the process of conditioning the body created by the conscious mind.

cient. As soon as the body becomes mind, that is called a
"habit": a habit is when your body is the mind. 95 percent of
Who you are when you turn 35 is a series of behaviors, skills,
emotional reactions, beliefs, perceptions and memorized attitudes-
that function as the automatic and subconscious program of a
computer.

95 percent of who you are is therefore a sub-state of being.
conscious or even unconscious. And this means that 5 percent
of your conscious mind acts against 95 percent of what you have
memorized subconsciously. For more positive thoughts
that you try to have, that 5 percent of your conscious mind will feel
as if swimming against the current of the other 95 percent remaining, chemistry
unconscious mica of your body that has been remembering and memorizing
letting go of any negativity you've harbored for the past 35 years
of your life. The mind and body acting in opposition consists of
This. No wonder you don't get very far trying to fight it!
char against this current!

That's why my last book was titled Stop Being You, since the habit of
Being the same as always is the hardest thing to change, because thinking,
Feeling and acting the same way as always reinforces the programs
unconscious that reflect our personality and our personal reality
personal. As long as we continue to live in the past, we will not be able to create a
new future. It's simply impossible.

How you become your own placebo

The following example illustrates everything I have just explained. I have chosen a
negative episode because this kind of situations limit us, as long as
that other more successful, enriching and inspiring ones help us to
create a better future. (You will soon see clearly how this happens)
(cessation.)

Let's say you had a horrible experience speaking in public.

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public traumatized you emotionally. (Replace it if you want with any-
(any other terrible emotional experience you prefer.) Because of
That experience now makes you afraid of public speaking. It makes you feel ex-
position, nervous and insecure. Just thinking about having to speak in a room
of conferences, even if there are no more than twenty people, it already seems to you
a lump in your throat, your hands are sweating, your heart is racing,
Your face and neck turn red, your stomach turns, and your brain
it paralyzes you.

All these reactions are controlled by the autonomic nervous system, the

nervous system that works subconsciously, without you being able to con-
control it. Consider it as automatic, it's the part of the nervous system
that regulates digestion, hormones, circulation, body temperature
poral and other functions without your control. You cannot decide
change your heart rate, or alter the flow of blood in your extremities.
tips to stop sweating, make your face and neck red,
change the metabolic secretions of your digestive enzymes or deactivate
millions of nerve cells. No matter how much you try to change any of them,
any of these features, you will probably find it im-
possible.

When your body experiences these autonomic physiological changes,
It is because you have associated the future thought of making a presentation
tation with the emotional memory of your bad experience when you talk-
you in public. And by systematically associating that thought, idea or
future possibility with the feelings you had of anxiety, failure
or embarrassment, with the passage of time the mind ends up conditioning the
body to automatically respond to that feeling. That's right
how we constantly enter our habitual states of being:
our thoughts and feelings become one with the past
because we cannot think beyond what we feel.

Let's now take a closer look at how this happens in your ce-
resurgence. The episode that has been recorded and neurologically structured
as a memory of the past (don't forget that experience enriches
the brain circuit) is physically integrated into your brain as a
footprint. That's why you can go back and remember the negative experience of

public speaking as a thought. In order to remember it, the ex-
experience must also have carried an emotional burden
quite important. And you can also emotionally evoke all
the feelings related to your failed attempt at being a confe-
recent success, because apparently the experience has altered the chemistry
mica of your body.

Keep in mind that feelings and emotions are a product of
past experiences. When you get stuck in an experience,
Your senses capture the episode and then deliver all that information
crucial to the brain through five distinct sensory pathways. As for
all this information reaches the brain, a large number of nerve cells-
Viosas form new networks to reflect the external episode that has happened to you
happened. And as soon as these circuits are created, the brain elaborates
chemicals to send signals to the body and alter its physiology
logy. These chemicals are called a feeling or an emotion.
tion. That's why we can remember episodes from the past, because we remember
we give the feeling they produced in us.

When the conference you were giving went wrong, all the information

that your five senses picked up from the outside world changed how you felt
you were feeling in your inner world. The information that your senses
processed —the faces of the attendees, the luxurious room, the bright lights
above your head, the sound of the microphone booming, the silence buried
cral after your first attempt at joking, the feeling of having su-
I felt the temperature in the room as soon as you started talking and the sweat
making the scent of your cologne disappear—made your state of mind-
the interior of the being would change. And as soon as you related that particular episode
in your external sensory world (the cause), with the changes that happen-
rum in your inner world of thoughts and feelings (the effect),
You created a memory. You associated a cause with an effect, and then you em-
your own conditioning process began.

After the torture you inflicted on yourself that day, which luckily ended-
mined without any rotten fruit or vegetables being thrown at you, you came back in
car home. During the drive you couldn't stop thinking about the incident
over and over again. To varying degrees, each time you recalled the experience

cia (which is exactly that: reproducing the same mental level), you created
the same chemical changes in your brain and in your body. In a certain
sense, you repeatedly reaffirmed the past and followed the process of
conditioning.

Since your body acts as an unconscious mind, it does not recognize the di-
difference between the actual incident in your life that produced your emotional state
nal and the emotions that you created with the thoughts when remembering the in-
incident. Your body thought it was living the same experience over and over again
time, even if you were alone in your comfortable car, and responded physiologically
just as if you were reliving that experience in the present.
While you were activating and connecting the circuits in your brain coming from
of your thoughts related to that experience, you were refor-
physically making synaptic connections, and at that moment you created
even more lasting connections in those neural networks: you were
creating a long-lasting memory.

As soon as you got home, you told your partner, your friends and maybe
even your mother the events of the day. As you described the
trauma with all its painful details, you felt terrible again. And when you re-
By experiencing the emotions of the incident, you conditioned your body to respond
chemically like that day. You physiologically accustomed him to
become your personal story subconsciously, unconsciously
tea and automatic.

For the next few days you were in a bad mood. People ended up
realizing and every time someone asked you: "What's wrong?",
You couldn't resist and you took it as an invitation to come back-
you become more addicted to the torrent of chemicals you received from the past.
The mood created by that experience was nothing more than a

long emotional reaction that lasted for several days. But when the weeks
times when you were feeling that same way every time you
you remembered the incident became months and even
years, it ended up transforming into a prolonged emotional reaction. And
now it has not only become a part of your temperament, your ca-
character and your nature, but also your personality. It's who you are.

If someone asks you to speak in public again, you'll die of seeing-

ashamed just thinking about it and you get nervous. Your outside world is
controlling your inner world, and you are unable to transcend it. As
You hope that your future (your start as a lecturer) will be rather
like the feeling of your past (an unbearable torment), your body
As if by magic, acting as if it were the mind, it responds
automatically and subconsciously. No matter how much you try to avoid it, it is
as if your mind couldn't control it. In a matter of seconds
A lot of conditioned responses emerge from your pharmacy
brain and your body - you start to sweat profusely, you notice that the
Your mouth gets dry, your legs feel weak, you feel nauseous, your head is pounding
spins, you struggle to breathe and you feel exhausted—and all this for a
just thinking that your physiology has changed. These effects are...
reminiscent of a placebo.

If you could, you would turn down the opportunity to speak in public, claiming-
say something like: "I'm not a speaker", "I feel insecure speaking in public"
public», «I am a terrible speaker» or «I am too afraid to speak»
speak in front of a lot of people." Whenever you say, "I am..." (fill in the blank)
blank space with your own words), what you are expressing
is that your body and mind have aligned with a future, or that your
thoughts and feelings have joined with your destiny. You are refor-
ing the state of being that you have memorized.

If by chance someone were to ask you why you choose that your past
defines you and also limits you, I'm sure you would tell a story
identical to that of your past memories and emotions, reaffirming that
You're like that. You'd probably even embellish it a bit. But at the level
biological, what you are actually proclaiming is that the incident of
several years ago it changed you physically, chemically and emotionally, and that des-
You have barely changed since then. You chose that your own limitations
define you.

In this example, you could say that you are a slave to your body (because
now it has become the mind), you are trapped by the conditions
from your environment (because the experience you had with certain people)
sounds and things in a particular place and time are influencing you
how you think, act and feel), you have become stuck in time (es-

You are living in the past and anticipating the same old future.
mind and your body never live in the present moment). So
To change your current state of being, you have to go beyond these three
elements: the body, the environment and time.

Do you remember that at the beginning of the chapter I pointed out that the placebo
It is created by three elements: conditioning, expectations and meaning.
granted? Well, now you can see that the placebo is you. Why?
Because all three elements appear in the previous example.

First of all, as a talented animal trainer, you have
conditioned your body to adopt a subconscious state of being in the
that mind and body are one — your thoughts and feelings have become
fused—and now you have programmed your body to be the mind
automatically, biologically and physiologically through your thoughts-
ments. And as soon as a stimulus arises from the outside world—such as a
opportunity to show it to him—you have conditioned your body, like
Pavlov conditioned his dogs to respond subconsciously and
automatic to the mind of past experience.

Since most placebo studies have shown that
A single thought can activate the autonomic nervous system of the
body and produce important physiological changes, it means that you are
regulating your inner world simply by associating a thought
with an emotion. All your subconscious autonomic systems are
being neurochemically reinforced by the feelings you usually have
have and the physical sensations related to your fear, and your biology
reflects perfectly.

Secondly, if your expectations are that your future will be like your
past, in this case besides thinking about the past, you are eli-
creating a known future based only on your past and accepting it
emotionally, until your body (as an unconscious mind) believes
You're living that future in the present. You're focused on a reality
known and predictable that prevents you from making any decision, con-
new behavior, experience, and emotion. By physiologically clinging to the
past, you are unconsciously foreseeing your future.

Third, if you assign a meaning or intention to an ac-

tion, the result increases. What you are telling yourself daily (in this case,
that you are a terrible speaker and that public speaking scares you)
is what has meaning for you. You have become susceptible to your own
suggestions. And if your current knowledge is based on the conclusions
from your past experiences, in this case by not acquiring any knowledge

new thought you will always create the result that is equivalent to your mind. But
If you change the meaning you give it and also your intention, as you did-
the hotel cleaners from the last chapter's studio, you will change
the results.

Whether you've been trying to make a positive change to create a new
state of being, as if you have been living automatically with the
same old state of being, the truth is that you have always been feeling
give your own placebo.

4

The placebo effect on the body

On a cold, clear September day in 1981, a group of eight men
Septuagenarians and octogenarians boarded several vehicles and traveled
for two hours north of Boston, until reaching a monastery in Pe-
Terborough, New Hampshire. They were participants in a retreat
five days long in which they were going to be asked to pretend to be themselves again
young, or at least twenty-two years younger. The retreat was organized by
a team of researchers led by Harvard psychologist Ellen
Langer, who the following week would take another group to the monastery for-
led by eight elderly people. For the participants in the second group, the group
As a control group, they would be asked to actively remember what it was like at twenty-tv
back, although without trying to pretend to be that age.

When the first group of participants arrived at the monastery, they discovered
They discovered that they were surrounded by all kinds of clues that helped them
recreate that time of the past. They looked through old articles in the magazine
ta Life and the Saturday Evening Post, watched movies on television and
programs that were popular in 1959, and listened to on the radio can-
tions of Perry Como and Nat King Cole. They also talked about events
"current" events, such as the rise to power of Fidel Castro in Cuba, the
Visit to the United States by Russian Prime Minister Nikita Khrushchev
even the sporting exploits of baseball star Mickey Mant-
and the great boxer Floyd Patterson. All these elements were
cleverly designed to help them imagine that they really have
They were twenty-two years younger.

After five days of withdrawal for each group, the researchers
The researchers evaluated the different parameters of the participants and the

compared with those recorded at the beginning of the study.
The bodies of the subjects in both groups had physiologically rejuvenated
ca, structurally and functionally, although those of the first (those that fin-

(who were younger) rejuvenated much more than those in the group
control, who simply remembered how they felt twenty-two years ago
back.!

Researchers found improvements in height,
weight and gait. The height of the participants increased to
stand more upright, their joints became more flexible
bles and his fingers lengthened as the arthritis subsided. His eyesight and hearing
condition also improved, as did their grip strength.
Their memory became sharper and they scored better on tests.
mental cognition score (the score of the first group increased
by 63 percent compared to 44 percent who obtained the
control group). Participants literally became younger
mind during those five days, before the very eyes of the investigators
pains.

Langer wrote: "At the end of the study I was playing football
American —although we replaced the tackles with touches, it continued
being football—with those men, some had dispensed with in-
even with the help of a cane to walk?

How did it happen? It was clear that they were able to activate the cir-
brain troubles that reminded them of who they had been twenty-two
years ago and then his body chemistry had responded mag-
nificantly in some way. In addition to feeling younger, they become
They looked younger physically, as demonstrated by a measurement
after another. The changes were not only in his mind, but also
were appreciated on her body.

But what happened to their bodies to produce a transformation?
such an astonishing physical condition? What could have caused all those changes?
bios measurable in physical structure and function? The answer is their
genes, which were not as immutable as you think. So I will analyze a
little about what genes are exactly and how they act.

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Demystifying DNA

Imagine a spiral staircase or zipper and you will be
You'll get a good idea of what deoxyribonucleic acid (known as deoxyribonucleic acid) look
acid more popularly known as DNA). Stored in the nucleus of
Every living cell in our body, DNA, contains the information
raw, or the instructions, that make us who we are and what
that we are (although as you will see shortly, these instructions
They are not an unalterable imprint that our cells must follow.
our entire life). Each half of that DNA zipper contains
the corresponding nucleic acids which, together, are called pairs of
bases, each cell is made up of about three billion of them.

Groups of long sequences of these nucleic acids are called
genes.

Genes are tiny, unique structures. If you took DNA out of the
nucleus of a cell in your body and you stretched it from end to end,
It would be almost 2 meters long. And if you removed all the DNA from your body
and you extended it from one end to the other, it would be equivalent to the distance that
A spacecraft would travel to the sun and back one hundred miles.
fifty times.* But if you took all the DNA from almost seven thousand mi-
millions of people on the planet and you squeezed it together, it would fit in a space
as small as a grain of rice.

Our DNA uses the instructions printed in its sequences
individual to produce proteins. The word protein comes from pro-
tas, which in Greek means "of fundamental importance." The proteí-
Nas are the raw materials used by the body to build no
only coherent three-dimensional structures (our physical anatomy)
ca), but also perform the complicated functions and complex inter-
portions of our physiology. Our body is actually a machine
protein-producing quinine. Muscle cells produce actin
and myosin; those of the skin, collagen and elastin; those of the immune system-
river, antibodies; those of the thyroid, thyroxine; some of the ocular ones,
keratin; those of the bone marrow, hemoglobin; and those of the pancreas, en-
enzymes such as proteases, lipases and amylases.

'All the elements produced by these cells are proteins.
Proteins control the immune system, digest food, heal
wounds, catalyze chemical reactions, maintain integrity
structural parts of the body, produce elegant molecules for cells to
communicate with each other and do many other things. In short,
men, proteins are the expression of life (and the health of our
body). Figure 4.1 shows you a simplified interpretation of the
genes.

For sixty years, since James Watson and Francis Crick des-
covered the double helix of DNA, it was believed what Watson stated in 1970
in an article in the scientific journal Nature* a "fundamental dogma"
mental»: that our genes determine everything. And as they went
With contradictory evidence emerging everywhere, investigators
tended to dismiss them as mere anomalies in a
complex system.

After forty-odd years, in the minds of the general public
the idea of genetic determinism still predominates. Most of the
People have the false idea that our genetic destiny is predetermined.
swimming and that if we have inherited the genes that make us vulnerable to de-
finished cancers, heart disease, diabetes or any other disorder,
We can't do anything, just like we can't change the color of

our eyes or the shape of our nose (unless we put
contact lenses and that we resort to cosmetic surgery).

Media reports support this idea.
telling us over and over again that certain genes cause this or that
the disease. We have been programmed to believe that we are victims of
our own biology and that our genes, in addition to having a power
decisive on our health, well-being and personality, they even dictate
our human affairs, determine our interpersonal relationships
nals and foresee our future. But are we who we are and do we do what we
What do we do because we were born that way? This concept implies that
Genetic determinism is deeply rooted in our culture
ture and that there are genes for schizophrenia, homosexuality, leadership
trait and a host of other things.

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PROPELLER |

RECEIVING SITES

CELL MEMBRANE

FIGURE 4.1

This simplified representation shows a cell with DNA housed
in the nucleus. The genetic material is made up of individual strands
resembling a twisted zipper or a ladder, called DNA helices.
The rungs of the ladder are the paired nucleic acids that
They act as codes for making proteins. A gene is a strand
of DNA of a certain length and sequence, and is expressed
when producing a protein. Different cells in the body create different
proteins to maintain both physical structure and functions.

But these ideas based on news from the past have become obsolete.
First of all, there is no gene for dyslexia, for example,
ADHD (Attention Deficit Hyperactivity Disorder)

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peractivity disorder) or alcoholism, nor every disease or va-
Physical variation is linked to a gene. And less than 5 percent of the inhabitants
people on the planet are born with some genetic disease: such as diabetes

type 1, Down syndrome or sickle cell anemia. In 95 percent-
The remaining percentage of people who develop this type of illness is due to lifestyle or
to behaviors. The opposite is also true: not all people who
are born with genes associated with a disease (e.g., Alzheimer's
or breast cancer) end up developing it. Our genes are not like
eggs that end up hatching one day or another. They don't work like that. In
In reality, the real questions are whether any gene present in our
another body has already expressed itself or not yet, and what are we doing?
ing to signal the body to turn it on or off.

Our way of looking at genes changed enormously when
Scientists finally decoded the human genome. In 1990, at the beginning
of the project, the researchers hoped to end up discovering that te-
We have 140,000 different genes. They believed that this would be the amount
because genes make proteins (and oversee their production), and the
The human body produces 100,000 different proteins, and is also needed
They use 40,000 regulatory proteins to make other proteins.
so that scientists trying to decipher the human genome
They expected to find one gene per protein, but at the end of the project in
In 2003 they were amazed to discover that beings actually
humans only have 23,688 genes.

From the perspective of Watson's fundamental dogma, this quantity
The number of genes is not enough to create our complex body, nor to maintain
have it, or not even to keep the brain working. If not
It is found in the genes, where does all the necessary information come from?
river to create so many proteins and to keep us alive?

The genius of your genes

The answer to this question led to a new idea: genes must tra-
to come down into a systemic cooperation with each other so that mu-

chos will be expressed (activated) or inhibited (deactivated) at the same time
time in the cell; the combination of genes that are activated in a
a certain moment is what produces all the different proteins
that we depend on to live. Imagine the garland of lights
a Christmas tree: some blink together and others turn off at the same time
time. Or the buildings of a city silhouetted against the horizon
night, with the lights in the rooms of each building turning on-
dose or turning off as the night progresses.

Although this does not happen by chance. The genome or DNA strands know
what each of the other parts is doing in a supra-interconnection
beautifully choreographed. Every atom, molecule, cell, tissue and system of the
body functions at a level of energetic coherence that is equivalent to that of the

state of being intentional or involuntary (conscious or unconscious) of the individual personality." So it stands to reason that genes can be activated (turn on) or turn off (turn off) due to the environment outside the cell, which sometimes means the environment inside the body (the state) of the emotional, biological, neurological, mental, energetic and even being spiritual), and others, to the environment outside the body (a trauma, temperature ra, altitude, pollution, bacteria, viruses, food, alcohol, etc.)

In fact, genes are classified by the kind of stimulus that ac- on and off. For example, genes that depend on experience or the activity is activated when we are having new experiences, assimilating new information and healing us. These genes generate protein synthesis and chemical messengers to direct stem cells that metamorphose into any type of cells one needs in that moment to heal (I will discuss the cé- in more detail shortly) mother cells and their role in healing).

Genes that depend on behavioral state are activated during periods of intense emotional state, stress or different levels of consciousness (like sleep). They build a bridge between our thoughts and the body, that is, they are the mind-body connection. These Genes help us understand how we can influence our health through mental and physical states that promote well-being, re- physical assistance and healing.

Scientists now believe that it is even possible that our expres- genetic variation fluctuates at every moment. Research is revealing laying that our thoughts and feelings, and also our activities—that is, our decisions, behaviors, and experiences—, produce profound healing and regenerative effects on our body, as the participants in the monastery study discovered. Your genes are therefore influenced by your interactions with family, friends and coworkers, for your spiritual practices, and also by your sexual habits, the amount of exercise you do and the type of detergents you use. The latest research shows that that about 90 percent of genes participate in collaboration with signals from the environment.* And if our experiences are the that activate a good number of genes, in this case a pro-environment picio influences our nature. Why not use the po- from those ideas to do everything possible to maximize our sa- lud and minimize our dependence on the recipe book?

As Ernest Rossi writes in The Psychobiology of Gene Expression- Ethics: «Our subjective mental states, our behavior consciously motivated and our perception of free will can den modulate genetic expression to optimize health."? The people- nas can alter their genes in their own generation, according to the latest scientific ideas. While the process of genetic evolution takes thousands of years

of years, by changing behavior or living a new experience,
altering the expression of a gene in a matter of minutes and transmitting it
to the next generation.

Instead of seeing genes as stone tablets on which we have
blamed our destiny, it is better to consider them as deposits that con-
They have an immense amount of information encoded or even as
huge libraries full of possibilities for protein expression
nas. But we cannot retrieve the stored information to use it
as a company would order an item from its warehouse. More
Well it's as if we don't know what's in the warehouse or how to access it.
him, that's why we use a very small part of what we have. In fact,
cho, we only express 1.5 percent of our DNA, the remaining 98.5

remains dormant in the body. (Scientists call this <junk DNA>
ra», but in reality it is not garbage, what happens is that they still do not know
how all this material is used, although at least they know that a part
He is the one who is responsible for creating the regulatory proteins.)

«Genes actually contribute to shaping our characteristics.
cases, but they do not determine them - writes Dawson Church in his book The Genius
in their genes-. The tools of our consciousness (our beliefs)
prayers, thoughts, intentions and faith) usually have a correlation
more powerful relationship with our health, longevity and happiness than ge-
nes.»!" Just as our body is not just a sack of flesh and bones,
Our genes are not simply stored information either.

The biology of gene expression

Let's now take a closer look at how the ge-
nes. (Different factors intervene in this, but to stick to the topic
of the mind-body connection, I will explain it in a simplified way.)

As a chemical messenger (e.g., a neuropeptide) of the
outside of the cell (from the environment) docks to the docking station
of the cell and crosses the cell membrane, enters the nucleus, where it
encounters DNA. The chemical messenger then modifies or creates
a new protein and the signal it carried is translated into information
once inside the cell. It then enters the cell nucleus through a
little window and, depending on the content of the protein's message, searches
inside the nucleus a specific chromosome (a single piece of the
coiled DNA containing many genes), as you would if you were looking for-
find a certain book on the shelves of a library.

Each of these strands is protected by a protein coating.
which acts as a filter between the information contained in the thread of the

DNA and the rest of the intracellular environment of the nucleus. In order to select
To unwrap the DNA code, that covering must be removed or unwrapped
so that the DNA is exposed (just like you have to open the book
picked from the library before you can read it). The genetic code of the

DNA contains the information that is waiting to be read and activated
to create a specific protein. Until this information is
expose the gene by unwrapping the protein coat, the DNA will follow the-
tent. It is a potential storehouse of coded information waiting
be deciphered or opened. DNA can be thought of as a list of
potentials that are waiting to receive instructions to manufacture the
proteins that regulate and maintain all aspects of life.

As soon as the protein selects the chromosome, the cover that covers it
DNA opens. Then another protein regulates and prepares a whole sequence
genetic information inside the chromosome (consider it as a chapter of the
book) to read it from cover to cover. As soon as the gene is exposed and read
the protein coat is removed, and the regulatory protein that reads it produces
another nucleic acid called ribonucleic acid (RNA).

Now the gene is expressed or activated. The RNA leaves the cell nucleus.
to bind to a new protein from the code carried by the
RNA. It has gone from being a plane with latent potential to becoming
an active expression. The protein created by the gene can now build,
unite, interact, restore, maintain and influence many different
aspects of life both inside and outside the cell. The figures
4.2 A, 4.2 B, 4.2 C and 4.2 D show an overview of the process.

The body, like an architect gathering all the information
necessary to build a structure from a plan, receives the
instructions you need to create the complex molecules that we use
keep them alive and act according to which chromosomes are
our DNA. But before the architect reads the plan, it is necessary
take it out of its cardboard tube and unfold it. Until then it is nothing more than
latent information waiting to be read. The same thing happens with the cell
same: the gene remains inert until the protein sheath opens and the
cell decides to read the genetic sequence.

Scientists believed that all the body needed was the in-
formation itself (the plan) to start building, that's why it was in
who were most focused. They barely noticed the fact that they were out of step
dena a whole cascade of events when the signal is given outside the
cell, which actually determines which genes are in its library

that the cell decides to read. The signal, as we know, can come from
thoughts, decisions, behaviors, experiences and feelings. So
It is logical that if you manage to change these elements, you can also influence
well in your genetic expression.

EPIGENETIC SIGNAL

PROPELLER
FROM DNA

MESSAGE
PROTEIN SHEATH CHEMIST

TO
2

CHROMOSOME
FROM DNA

FIGURE 4.2 A

Figure 4.2 A illustrates the epigenetic signal entering the receptor site.
of the cell. As soon as the chemical messenger interacts at the level
of the cell membrane, another signal is sent in the form of a new one
protein to the cell nucleus to select a genetic sequence.
The gene still has a protein sheath that protects it from the outside environment,
and this must be opened so that it can be read.

GENETIC SELECTION

OPENING
FROM THE COVER
PROTEIN

THE PROTEIN
THE DEPLOYMENT
AND READ THE GENE

FIGURE 4.2 B

Figure 4.2 B shows how the protein sheath that opens
covers the genetic sequence of DNA so that another protein,
called regulatory protein, unwinds and reads the gene
from a certain place.

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GENE READING

THE PROTEIN
ARN FACTORY
FROM DNA

FIGURE 4.2 C

Figure 4.2 C shows how the regulatory protein creates another molecule,
called RNA, which organizes the translation and transcription of the material
genetically encoded into a protein.

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PROTEIN PRODUCTION

PROTEIN
CREATED
FROM RNA

FIGURE 4.2 D

Figure 4.2 D illustrates protein production.
RNA makes a new protein from the components
individual building blocks of proteins called amino acids.

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Epigenetics: how mere mortals
how we can play God

If our genes are not what determine our destiny and if in reality
Litness contains a huge library full of possibilities waiting
to take them off the shelves and read them, in this case what is it
that allows us to access these potentials that could greatly affect
measure our health and well-being? The study participants
from the monastery were certainly able to access them, but how did they do it?
rum? The answer lies in epigenetics, a relatively new field
new you.

The word epigenetics literally means “above the gene.”
It refers to controlling genes not from within the DNA, but from
messages coming from outside the cell, that is, from the environment.
These signals cause a methyl group (a carbon atom attached to
three hydrogen atoms) to adhere to a certain point
of a gene, and this process (called DNA methylation) is one of the
main processes that activate or deactivate genes. (Two other pro-
processes, covalent modification of histones and non-coding RNA also
They also activate or deactivate them, but the details of these processes are not
necessary for the topic I am dealing with.)

Epigenetics teaches us that our destiny does not depend on our-
other genes and that a change in human consciousness can produce
physical changes in the body, both in structure and function
nes. It is possible to modify our genetic destiny by activating the genes
that we want and deactivating the ones we don't want when working with the
different environmental factors that program them. Some of these signs
They come from inside the body, like feelings and thoughts.
ments, and other responses of the body to the external environment, such as
pollution and sunlight.

Epigenetics studies all these external signals that tell the
cell what it should do and when it should do it, analyzing both the
causes that activate, or set in motion, genetic expression (reactiva-
tion) and those that inhibit or deactivate it (re-silencing), and also the

energetic dynamics that regulates the process of cellular function at each
moment. Epigenetics suggests that although our DNA code
never change, thousands of combinations, sequences and s- are possible
structures in a single gene (just as thousands of combinations are possible)
nes, sequences and structures of neural networks in the brain).

By studying the human genome, scientists saw that they could
give so many millions of possible epigenetic variations that the head
It started to go around in their heads just thinking about it. The Epigenome Project
Human was started in 2003 in Europe, just when the Project of the
Human Genome was being finalized," and some researchers have

stated that when completed, it will "make the Human Genome Project
hand looks like the homework of fifteenth century children done with a
abacus".? Returning to the plane model, we can change the color of
what we build, the kind of materials, the scale of construction and
even the location of the structure —making an almost infi-
variation list—without changing the plane itself.

A good example of epigenetics in action would be siblings.
identical twins who shared exactly the same DNA. If
we accept the idea of genetic predeterminism—that all en-
diseases are genetic—, in that case the twin brothers must-
would have exactly the same genetic expression. However, they do not
They always manifest the same diseases in the same way,
Sometimes one shows a genetic disease that the other does not develop.
lla. Even though they have the same genes, they can show different results.
states.

A Spanish study illustrates this perfectly. A research team
members of the Cancer Epigenetics Laboratory of the National Center
Cancer in Madrid studied 40 pairs of identical twins from 3 to 74 years old
years old. They discovered that the younger twins they were carrying
similar lifestyles and who had spent more years together, had
similar epigenetic patterns; however, older twins,
especially those who led different lifestyles and had been through more
years together, they had very different epigenetic patterns." For example-
For example, the researchers found that the difference in gene expression

netics quadrupled between a pair of 50-year-old twins in
compared to another 3-year-old.

The twins were born with exactly the same DNA, but
Those who led different lifestyles (and different lives) ended up
expressing their genes in very different ways, especially with the passage of time
the years. To use another analogy, the older twins were like the
exact copies of the same model of a computer. Computers re-
One hundred of the ones that came out of the factory had the same software,
But over the years each one added different programs to it.
more additional. The computer (the DNA) remained the same, but
depending on the programs that each twin had added (the va-
epigenetic variations), a computer would function and act in a way
very different from the other. So when we have thoughts and feelings
thoughts, our body responds to them with a complex formula of
biological changes and alterations, and each experience triggers ver-
true genetic changes in our cells.

The speed with which these changes occur can be astonishing. In
Just three months later, a group of 31 men at low risk of cancer
prostate cancer patients managed to reactivate 48 genes (most of them related to

tumor inhibition) and re-silencing 453 genes (most of them related
with tumor development) by following an intensive nutrition regimen and
a healthy lifestyle.'* Men who participated in a study
led by Dean Ornish of the University of California, San Fran-
cisco, they lost weight and their abdominal obesity and blood pressure were reduced
rial and lipid profile throughout the study. Ornish noted: "The most
Important is not the reduction of the risk factor or the prevention for
that something bad doesn't happen, since these changes can occur
so quickly that it is not necessary to wait years to see the benefits
cios».'*

And even more impressive is the number of epigenetic changes
which took place in a six-month Swedish study, carried out
tested with 23 healthy men with slight overweight, who went from being
go from a relatively sedentary life to attending spinning and aerobic classes
robics twice a week. Researchers at the University of

Lund discovered that these subjects had epigenetically altered
7,000 genes, almost 30 percent of the genes in the human genome!*

These epigenetic variations can even be inherited by our
children and pass them on to our grandchildren." The first researcher who
It was demonstrated by Michael Skinner, director of the Center for Re-Biology
productive from Washington State University. In 2005, Skin-
ner led a study in which pregnant rats were exposed to pesticides.
The male offspring of the exposed female rats had rates of
higher infertility and lower sperm production, revealing
epigenetic changes in two genes. These changes were also
present in about 90 percent of male rats of all four generations
following rations, even though none of them had been exposed to
no pesticides.

Our experiences from the outside environment are just a
part of the story. As you have already learned, the meaning that
we give to those experiences produces a flood of physical responses,
mental, emotional and chemical factors that also activate genes. Our
way of perceiving and interpreting the information that our senses
capture as objective information—whether it is true or not
is—, and the meaning we give it produce important biological changes
at the genetic level. Our genes interact with our mind
conscious in complex relationships. One could say that the meaning
that we give to our experiences is continually affecting the
neural structures that influence who we are at a microscopic level
peak, which in turn influences who we are at the macroscopic level.

The study of epigenetics also raises these questions: what
What would happen if nothing changed in your external environment? If you did the same thi
with the same people at the same time every day, things that would take you

to the same experiences that would generate the same emotions as in-
would send the same kind of signals to the same genes?

It could be said that as long as you perceive your life from the perspective of the
past and reactions to conditions with the same neuro-architecture
nal and from the same mental level, you will be heading towards a general destination
very specific predetermined netic. Also, what you believe about yourself and your

life, and the decisions you make because of those beliefs, also make
that you keep sending the same messages to the same genes.

The cell can only create thousands of variations of the same gene to
rewrite a new protein expression that changes your body when
do is activated in a new way, upon receiving new information. Perhaps
You may not be able to control all the elements of the outside world, but you can
you manage many aspects of your inner world. Your beliefs, your
perceptions and your way of acting with the external environment influence your
internal environment, which is still the external environment of the cell. This
It means that you are the one—and not your preprogrammed biology—who has the
keys to your genetic destiny. It's just a matter of finding
bring the key that fits the appropriate lock that allows you to release
your potential. Why then not see your genes as what they really are?
They are, like a wealth of possibilities, resources of unlimited potential.
tado, a coded system of personal orders? Since in truth
They are a lot of tools for transformation, a word that
literally means "to change form."

Stress makes us live in a state of survival

Stress is one of the main causes of epigenetic changes by-
that causes your body to lose balance. It occurs in three forms: stress
physical (trauma), chemical stress (toxins) and emotional stress (fear,
worries, stress, etc.). Each of these classes can be de-
trigger more than fourteen hundred chemical reactions and produce
more than thirty hormones and neurotransmitters. When it is triggered
This cascade of stress hormone chemicals, your mind
influences your body through the autonomic nervous system and experi-
you mention the fundamental mind-body connection.

The curious thing is that stress was designed to be adaptive.
All organisms in nature, including human beings, are-
are programmed to cope with short-term stress in order to have
of the necessary resources in emergency situations. When perci-

Whenever there is a threat in the outside world, the fight or flight response is activated
escape from the sympathetic nervous system (a subsystem of the nervous system)
is autonomous), and then your heart rate and blood pressure increase.
so, your muscles tense and your body releases hormones like adrenaline-
lina and cortisol to prepare to flee or face danger.

If you are being chased by a pack of wild and hungry wolves or a group of
of violent warriors and you leave them behind, your body will return to the ho-
meostasis (its normal balanced state) shortly after disappearing
to avoid danger. It's the way our body is designed to
act when you are in a state of survival. The body
loses balance, but only for a short time, until danger
fades away. At least this reaction was designed for that.

The same thing happens in the modern world, although the scenario is usually
be something different. If when you are driving on the road someone cuts you off,
car, you might get scared for a moment, but then you realize
that nothing has happened to you and that you are no longer afraid of having an accident.
body returns to its normal state, unless this is one of the innu-
worthy stressful situations you have encountered that day.

If you're like most people, a series of energetic incidents
vantes will keep you with the fight or flight response activated—in a
state of imbalance—most of the time. Maybe the car that
has cut you off is the only real dangerous situation you have encountered
encountered throughout the day, but the traffic on the way to work, the pressure
of having to prepare a big presentation, the fight with your partner, the
credit card amount, the computer that crashed and the
new gray hair that you see when you look in the mirror makes the hormones of the
three continue to circulate through your body almost all the time.

Between remembering stressful experiences from the past and anticipating situations-
stressful situations of the future, all these short-term stressful episodes
that are repeated over and over again end up amalgamating into long-term stress
term. Welcome to the twenty-first century version of living in a state
of survival.

In the fight or flight state, your energy is mobilized so that the
body can run or fight. But when you don't recover your ho-

meostasis (because you continue to perceive a threat), you lose vital energy
such. When you use it for another purpose, in your inner world you have
less energy for growth, cell repair and projects
long-term regenerative cough at the cellular and healing level. The cells
They become deactivated, no longer communicate with each other, and become "selfish."
It's time for regular maintenance (and even less time for

make improvements), because your body is using your energy to defend-
of the "threat". Each cell is concerned only with itself, so the
community of cells stop acting together. The immune system and
the endocrine (among others) weaken as the genes of these
cells related to them are affected when the signals are deactivated
chemicals from abroad.

It's like living in a country where 98 percent of the resources are
allocated to defense and nothing was left to invest in schools, bi-
library, road construction and repair, communication systems
cation, agriculture and other similar projects. The roads are filled
of potholes. Universities suffer cuts and the academic level of the
students are low. The social welfare programs that dealt with
The poor and the elderly are being suppressed. And there is not enough food to
feed all the inhabitants of the country.

It is therefore logical that long-term stress is associated with anxiety,
depression, digestive problems, memory loss, insomnia
child, hypertension, heart disease, stroke, cancer, ulcers,
rheumatoid arthritis, colds, flu, premature aging
ture, allergies, physical pain, chronic fatigue, infertility, impo-
power, asthma, hormonal problems, rashes, hair loss
hair, muscle spasms and diabetes, to name just a few
disorders (all of which, by the way, are due to epigenetic changes). In
In nature there is no organism designed to withstand the
effects of long-term stress.

Several studies demonstrate without doubt that epigenetic instructions
Techniques for healing are deactivated when we live in a state of
emergency. For example, a team of researchers from the Centro Médi-
co from Ohio State University discovered that stress affected

more than one hundred and seventy genes, 100 of which were deactivated by
complete (like many that directly create proteins to facilitate the
proper wound healing). The researchers noted that the
Wounds of stressed patients took 40 percent longer
time to heal and that <stress tipped the genomic balance towards
the genes that encoded the proteins responsible for stopping the
cell cycle, death and inflammation." Another study that analyzed the
Gene analysis of 100 Detroit citizens focused on 23 affected subjects
of post-traumatic stress disorder." Epigenetic variations of
These subjects increased six to seven times more, and most had
to do with the weakening of the immune system.

Researchers at the UCLA AIDS Institute discovered that
HIV spread faster in the most stressed patients, and also
The higher the degree of stress of the patient, the less he responded to the
antiretroviral drugs. The drugs worked four times as well

more in patients who were relatively calm, compared
with those who had blood pressure, skin hydration and rhythm
resting heart rate indicating that they were the most stressed.?' Ba-
Based on these findings, the researchers concluded that the
nervous system directly affects viral replication.

Although the fight or flight response was initially very
adaptive (because it kept prehistoric men alive),
It is now clear that the more the monitoring system is activated,
victory, the longer the body lacks the necessary resources to
maintain optimal health, so that the system ends up becoming
I tend to be maladaptive.

The legacy of negative emotions

As we release stress hormones, we create countless
of highly addictive negative emotions such as anger, hostility, aggression
siveness, competitiveness, hatred, frustration, fear, anxiety, jealousy, inse-
security, guilt, shame, sadness, depression, hopelessness and

impotence, to name a few. When we focus on thinking
thoughts of bitter memories or in horrible situations that put us
could happen in the future, forgetting everything else, we do not let
that the body regains homeostasis. In fact, with a mere thought-
lying we can activate the stress response. If we activate it and then
we can't turn it off, we'll end up developing some kind of en-
illness or disorder—whether a cold or cancer—as you
We re-silence more and more genes in a domino effect, until we reach
our genetic destiny.

For example, if you wait for a familiar situation to happen to you and then
You focus only on that thought and nothing else, even if it is only
For a moment, the body will begin to change physiologically to
prepare for it. The body is now living in that known future
in the present moment. Due to this phenomenon, the process of con-
conditioning activates the autonomic nervous system and releases automatic
only the corresponding stress chemicals. This is
how the mind-body connection can work against you.

In these types of cases, you are manifesting all three elements of the effect-
to placebo in perfect symmetry. First, you start conditioning
allow your body to feel the surge of energy from the flood of
chemicals generated by adrenaline. If this flood of sus-
chemical substances inside you, you associate it with a certain person,
object or experience of a specific time and place in your reality
outside, just thinking about that stimulus will already condition your

body to trigger the response. And over time you'll end up doing it
conditioning the mind to be by creating that state with your thoughts
emotional excitement: when thinking about a possible experience with al-
someone or something at a certain time and place. If you expect that in the fu-
A situation may occur to you based on a past experience,
waiting for it and imagining it emotionally, you will be changing the physiology
gy of your body. And if you also give meaning to your behaviors and ex-
experiences, you will be reinforcing the outcome with your intention, and then
Your body will change or not depending on what you think you know about yourself.
reality and about you.

But whether or not you believe that the stress in your life is justified
and it is valid, its effects are never good or healthy. When you are-
Your body feels like a lion is chasing you, that you are hanging from the void
a dangerous cliff, or that you fight against hungry cannibals.
The following examples from various scientific studies reveal
the physical effects of stress.

Researchers from the Faculty of Medicine of the State University
from Ohio confirmed that stressful emotions trigger res-
hormonal and genetic settings to assess how stress affected the ra-
speed with which minor skin wounds were treated, a
important marker in genetic activation." A group of 42 pa-
married bars produced small suction blisters on the skin and
They then monitored their levels of three proteins for three weeks.
that are expressed in the healing of wounds. To the couples who participated
In the study they were asked to start by talking about a topic
neutral for half an hour and later they talked about some fight
conjugal that they would have had.

Researchers found that after couples broke up,
would argue about something they disagreed on, he would lightly lower it
mind the level of proteins associated with healing (revealing that the
genes had been re-silenced). But the reduction increased—about a
40 percent—in those couples who had ended up arguing
beautifully in a fight peppered with sarcasm, criticism and displays of
contempt.

Research also supports the opposite effect: reducing
stress with positive emotions produces epigenetic changes that improve-
ran health. Two fundamental studies carried out by researchers
res of the Benson-Henry Institute of Mind-Body Medicine at the Hospital
General of Massachusetts in Boston, analyzed the effects of meditation-
tion, known to generate mood states in genetic expression-
reindeer and even joyful. In the first study, conducted in 2008, 20 vol-
Volunteers received eight weeks of training
on various practices related to the mind-body connection (such as
various kinds of meditation, yoga and repetitive prayers) known for

induce the relaxation response, a physiological state of deep
rest (described in Chapter 2).? The researchers also made
They followed 19 people who had been practicing daily for some time.
river the same techniques.

Upon completion of the study, beginners in this kind of practice
showed changes in 1,561 genes (they reactivated 874 related to the
health and re-silenced 687 related to stress), and a reduction
of blood pressure and heart and respiratory rate. And the meditators
Experts also expressed 2,209 new genes. Most of the
Genetic changes had to do with improving the body's responses
in the face of chronic psychological stress.

The second study, conducted in 2013, revealed that the activation of
the relaxation response had produced changes in the general expression
netic after just one meditation session in both participants
novices as well as experienced ones (those who have been in the industry for a long time)
time meditating were, as is logical, those who obtained more be-
benefits).*" Among the reactivated genes were those related
with immune function, those that metabolize energy and those that
secrete insulin, and among the re-silenced genes, those that had to do
with inflammation and stress.

These kinds of studies highlight how quickly we can
change our own genes. That's why the placebo response can pro-
produce physical changes in a matter of seconds. In the workshops I teach
Around the world, my colleagues and I have witnessed important changes
tant and immediate effects on the health of participants after just one
meditation session. Through their thoughts, they were transformed
themselves and activated new genes in new ways. (Soon
I will describe some of these cases.)

When we live in a state of survival, with the response of
stress constantly activated, we can only focus on three things:
the physical body (Am I okay?), the environment (Where is a safe place?)
and time (How long will this threat be stalking me?
Being constantly focused on these three elements makes us
less spiritual, conscious and lucid, because in the end we get used to it

We begin to be absorbed in ourselves and focus more on
our body and other material things (such as what we own,
where we live, how much money we earn, etc.), and in all problems
more than we have in our outside world. This attitude makes the

end up obsessing over time —and that we are imagining
constantly the worst situations based on our experiences
traumatic experiences from the past—because we are always short of it
and we never have enough for everything we want to do.

You could say that stress hormones cause cells to
our bodies become selfish to make sure we survive
and at the same time, our ego becomes greedy, so we end up
turning us into materialists who define reality through
of our senses. We end up closing ourselves off to new possibilities,
because when we never get out of the chronic state of emergency in the
that we live, the "me first" mentality that permeates our
way of thinking is reinforced and persists, so we become too-
self-indulgent, self-interested, and arrogant. And in the end
nal, we end up defining ourselves as a body living in the environment and
the weather.

As you have just read and now understand better, you actually have a
some control over your own genetic engineering through your pens-
thoughts, decisions, behaviors, experiences and emotions. Just as
Dorothy in The Wizard of Oz, who had a power she was unaware of,
You also have one that you didn't know about: the keys to freeing yourself from the li-
mimics of your genetic expression.

5

How thoughts change
the brain and the body

Now you will understand that whether they are pleasant or stressful, with
Every thought, emotion, and situation you experience is ac-
acting as an epigenetic engineer on your cells. You are the one
that controls your destiny, which raises another question: if changing your
environment programs new genes in new ways, would it be possible to-
then —based on your perceptions and beliefs— program the
genes before the environment changes? Feelings and emotions
nes usually come from experiences, but can you combine
a clear intention with an emotion to start giving to the body
a sample of the future experience before it manifests?

When you truly focus on an intention to achieve a goal,
result, if you manage to make the inner thought more real than the environment
no exterior, your brain will not recognize the difference between the two. In-
then your body, as an unconscious mind, will begin to experience
the new future situation in the present. You will send signals to new
genes in new ways to prepare for this future situation
imagined.

If you keep mentally practicing this new skill enough times,

series of desired decisions, behaviors, and experiences, reproducing
the same new mental level over and over again, your brain will start to
change physically—installing a new neurological circuit to
start thinking from that new mental level — and act as if the
experience would have already happened. You will be producing epi-variations

genetics that will end up generating, through your thoughts, au-
authentic structural and functional changes in your body, such as:
gives in to those who respond to a placebo. Your brain and body no longer
will not continue to live in the same old past, but in the new future
tour that you will have created with your mind.

This is possible through mental rehearsal. This technique consists basically of
Physically closing your eyes and imagining over and over again that you are doing somethir
action and mentally reviewing the desired future, while reminding yourself
you give yourself who you no longer want to be (the one from before) and who
you want to be. This process involves thinking about your future actions, plans
mentally guiding the decisions you will make and focusing your mind
in a new experience.

I will describe this sequence again in more detail so that you understand-
you better understand what happens in mental review and how it works. While
You mentally review your destiny or your dreams regarding the outcomes
desired, you imagine it over and over again until you become familiar with it.
The more knowledge and experiences you record in your brain about
the new reality you desire, the more resources you will have to create in your life
realization a better model of it, and in this way your will be more intense
intention and higher your expectations (as happened to the cleaning-
(at the hotel level). You are "reminding" yourself what your life will be like and
how you will feel when it is the way you want it. Now you are reinforcing
your attention with an intention.

Then you combine your thoughts and intention with intense es-
emotional state, such as joy or gratitude. (I will talk about this later
more detail of intense emotional states.) As soon as you feel
this new emotion and you get even more excited, you will be flooding your
body with the neurochemistry that would occur if that situation were already
happening. You could say that you are making your body taste
future experience. Your brain and body can't tell the difference between one
real experience from an imagined one, since neurochemically they are the same
same. So they start to believe that you are living the new experience-
company in the present.

By staying focused on that future situation without letting anyone else

thought distracts you, in a matter of seconds you lower the volume of
the neural circuits related to your old self, with what em-
pieces to deactivate old genes and activate and create new circuits
neuronal, which send the appropriate signals that will activate new
your genes in new ways. Thanks to the neuroplasticity of the brain
the one I talked about before, your neural circuits start to reorganize
be used to reflect what you are mentally reviewing. And as you
you keep combining those new thoughts and mental images with
a heightened and intense emotion, your mind and body act in unison
and you experience a new state of being.

At this point, your brain and body are no longer a recording of the pa-
ed, but a map of the future that you have created in your mind. Your thoughts
ments have become the desired experience and you have just
turn into a placebo.

Some inspiring stories about mental review

You may have heard the story of a commander captured in a camp
of Vietnamese concentration who imagined himself playing every day
golf in a particular place in his country to stay sane, and
that when he was finally released and returned home, he won a match in that
same golf course getting the highest score. Or maybe you have
heard the story of Anatoly Shcharansky, a Soviet activist for the de-
human rights, later known as Natan Sharansky, who per-
He spent more than nine years in a Soviet Union prison after
being falsely accused of working as a spy for the United States in
the 1970s. Sharansky, who spent four hundred days of the time
What happened in prison, locked in a small punishment cell,
dark and icy—, mentally played chess against himself
diary, noting in his mind the coordinates and positions of each
piece on the board. This activity allowed him to keep many of his
neural maps (which normally require external stimulation)
(The third to remain intact). Later, after leaving prison,

immigrated to Israel and ended up becoming a minister in the Israeli government. And when
where world chess champion Gary Kasparov went to Israel in 1996
To compete against 25 Israelis, Sharansky
won.'

Aaron Rodgers, the quarterback of the American football team
Green Bay Packers cano, also mentally imagining the plays
that he would later perform with precision in the field. He made this
team won the Super Bowl in 2011 in the elimination tournament
direct in which the Packers, who occupied the sixth position, won

48-21 against the Atlanta Falcons, who were in first place. Rod-
Gers completed 31 of 36 passes (86.1 percent), the fifth-best per-
all-time postseason pass completion percentage
pos.

«In sixth grade a coach taught us the importance of
visualization," Rodgers told a USA sports correspondent
Today-.? When I'm in a meeting, watching a movie or [har-
[tado] in bed before going to sleep, I always visualize those plays.
Many of the plays I make on the field I have thought about beforehand.
While I'm [lying] on the couch, I visualize myself doing them.» Rodgers
In that match he also managed to prevent three possible points from the team
contrary, and later observed about those plays: "Most of them
I visualized them before making them.

Many other professional athletes also used mental review.
with amazing results, like golfer Tiger Woods, the stars
Basketball stars Michael Jordan, Larry Bird, and Jerry West; and slugger Roy
Halladay. Golf champion Jack Nicklaus wrote in his book Golf: Technique
game nicas:

I never strike, not even in training, without having in mind
mind a very clear, perfectly focused image of the same
mo. It's like a color movie. First I "see" the ball where
I want it to stop, pretty and white and stopped at an elevated point-
ford of bright green grass. Then the scene changes quickly-
ly, and I "see" the ball heading there: its path, its trajectory-

ria, its shape and even its behavior upon landing. Then comes
a kind of fading of the frame and the next scene
presents me performing the kind of swing that will give real existence
to the previous images. Only at the end of this brief and particular
Hollywood film I pick a club and hit the ball

As you can see from these examples (and there are many more), a
A large body of evidence shows that mental rehearsal is summ-
mentally effective in learning a physical skill with minimal practice
physical ethics.

I can't resist the temptation to tell one more example, this time
from Jim Carrey, which tells a surprising story about
what he did when he first arrived in Los Angeles in the late
1980s, then an unknown actor looking for work
low. He had written on a piece of paper a long paragraph about the need to
meet the right people, get the right papers,
working on the right film with the right cast,

succeed, contribute something worthwhile, and leave a mark on the world
world.

Every night I would drive to Mulholland Drive in the Hollywood Hills and,
leaning back in his convertible, he gazed at the sky as he
He repeated that paragraph, learning it by heart, and imagined that
What he described in it was really happening. And he didn't leave that
place with a view until he felt that he was the person he had been imagining
ginando be and that the situation was real. A check was even written to
himself for the amount of 10 million dollars, writing "for the
services rendered as an actor," and in place of the date he put: "day of
Thanksgiving, 1995." He carried that check in his wallet.
for years.

Finally, in 1994, three films were released that made Ca-
King in Star. First in February was the release of Ace Ventura: Pet Detecti-
go, and then in July The Mask. And for his role in the third film,
Dumb and Dumberer, released in December, received a check for the
amount of 10 million dollars. He had created exactly what

had imagined.

'All these people have in common that they transcended the environment
exterior, they went beyond their body and time to make important
so many neurological changes within them. When they were presented to
the world, they managed to get their mind and body to act in unison and then-
They created the material world they had conceived before in the kingdom
mental.

There are scientific studies that support this. To begin with, many
Experiments on mental rehearsal reveal that when you concentrate
In a certain area of the body, your thoughts stimulate the
region of the brain that governs that part,* and if you keep doing that, they end up
producing physical changes in the sensory area of the brain. And it is lo-
logical that it happens, because when you keep putting your attention on the same thing
mo, you are activating and creating the same networks of neurons. And that's why
you end up building the most consistent brain maps in that area
you.

In a study conducted at Harvard, participants who had never
They had played the piano by mentally practicing a simple exercise
piano played with five fingers two hours a day, for five days,
experienced the same brain changes as subjects who
They physically practiced the same activity, although without moving a single
finger.* The region of your brain that controls finger movements
two increased noticeably, making his brain as if the
imagined experience had actually occurred. The participants
They had installed neurological hardware (circuits) and some programs

of software, with which they created new brain maps only with the help of
of thoughts.

In another study conducted with 30 subjects over twelve weeks,
Some of them exercised their little finger daily, and others instead
only imagined doing it. The little finger of the subjects in the group that
exercised him physically, he strengthened himself by 53 percent, and that of the
who only imagined they were doing it, 35 percent of the time.* Their body
had changed as if they had lived the physical experience in the
external reality again and again, but they had only experienced it

mentally. His mind had changed his body.

In another similar experiment, 10 volunteers imagined that they had
They would do bicep curls with one of their arms with as much strength as possible.
five times a week. The researchers recorded the activity
electrical brain of the subjects during the sessions and measured their strength
muscle every two weeks. The biceps muscles of those who only
They imagined the exercise increased by 13.5 percent in just several
weeks, and maintained this increase for three months after
quit training." His body responded to a new mind.

And the last example is a French study that compares
to subjects who lifted weights of different kilos, either physically or
imagining it. Those who imagined lifting the smallest weights
sadas, activated their muscles more than those who imagined lifting weights
lighter.* In these three studies on mental rehearsal, the participants
Participants managed to significantly increase physical strength using
just your thoughts.

You may wonder if there are studies that reveal what happens
when we follow the whole sequence: when in addition to imagining what
we wish to create, we connect with the intense positive emotion that we
produces. Yes, they do exist. And soon you'll be reading about
they.

Sending signals to new genes in the body with a new mind

To better understand why mental review works, I will briefly talk about-
mind of some questions about brain anatomy and other related
You swim with neurochemistry. I'll start by explaining that your frontal lobe,
Located just behind your forehead, it is your creative center. The part of the cerebrum
bro who learns new things, dreams of new possibilities, takes
decisions, set your intentions, etc. He is the CEO,
so to speak, and it plays an even more important role, because-

that the frontal lobe also allows you to observe who you are and evaluate

what you are doing and how you feel. It is the seat of your consciousness,
which is important, because as you become more aware of your thoughts-
ments, you can direct them better.

As you practice mental review and focus and
you focus on the desired outcome, the frontal lobe becomes your
ally by turning down the volume of the outside world so you don't get distracted
both with the information received by your five senses. The scanners
Brain scans reveal that in a state of high concentration, such as du-
During mental review, the perception of time and space decreases.
ye.? It happens because your frontal lobe reduces the information coming
of the sensory centers (those that allow you to "feel" your body in the
space), of the motor centers (responsible for your physical movements)
physical), and association centers (where thoughts reside
about your identity and who you are), and also that of the lobe circuits
the parietal (where you process time). As you go beyond the environment,
of the body and even of time, it is easier for you than thoughts
thoughts you're having become more real than any other
stuff.

As soon as you imagine a new future for yourself, you think of new
possibilities and you start asking yourself specific questions like:
What would it be like to live without this pain and limitation? And your frontal lobe
concentrate on it. In a matter of seconds you generate both the intention
to be healthy (to know clearly what you want to create, and what you already
you don't want to experience) as a mental image of being healthy for
be able to imagine it.

The frontal lobe, as CEO, is connected to all
you give the other parts of the brain, so it starts selecting re-
from neurons to create a new mental state in response to
that question. You could say that he becomes a director of or-
questa, silencing your old neurological hardware (the function of
pruning of brain neuroplasticity), selecting new networks
neurons from different parts of the brain and connecting them to create
a new mental level that reflects what you have been imagining. The lo-
frontal lump is the one that changes your mind, that is, it makes the brain

work using different sequences, structures and combinations.
As the frontal lobe selects different neural networks and
activates in perfect unison to create a new mental level,
an image or representation appears in your imagination, or frontal lobe,

internal action.

Now it's neurochemistry's turn. If your frontal lobe or-
these neural networks are trained well enough to be activated
come in unison while focusing on a clear intention, a
moment when thought will become the experience in your
mind: is when your inner reality becomes more real than the outer one.
As soon as thought becomes experience, you begin to
feel the emotion that the situation would produce in you if it were happening
really (remember that emotions are the chemical imprints of
experiences). Your brain then creates a different kind of messages
chemical receptors—a neuropeptide—and sends them to the body's cells.
po. Neuropeptides seek out the appropriate receptor sites, or sta-
coupling operations of several cells to transmit their message to
the hormonal centers of the body and finally to the cellular DNA, and the
cells receive the new message that the imagined situation has occurred.
rid.

When a cell's DNA receives this new information from the
neuropeptide, responds by turning on (or reactivating) some genes and
turning off (or re-muting) others to support your new state of the
be. Consider reactivation and re-silencing as warm lights-
becoming stronger or cooling down and becoming more te-
nues. When a gene is turned on, it is activated to create a protein.
When a gene is turned off, it is deactivated and becomes dimmer or weaker and
doesn't produce as many proteins as before. And the effects are seen as
measurable changes in our physical body.

Look at figures 5.1 A and 5.1 B. They will help you follow the sequence.
how to change your body through thoughts.

156 THE PLACEBO IS YOU

HOW YOUR BODY CHANGES THROUGH THOUGHTS

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BODY HEALTH J

FIGURE 5.1 A

How thoughts change the brain and body 157

HOW YOU HEAL YOURSELF THROUGH THOUGHTS

THOUGHTS
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BODY HEALTH

FIGURE 5.1 B

In Figure 5.1 A the sequence of the table shows how thoughts
They progress in a cascade of simple mechanisms and reactions
chemicals in a downward causation to change the body.

By deduction, if new thoughts create a new mind
by activating new neural networks, thereby creating neuropeptides
and healthier hormones (which in turn send signals in new ways
to cells and epigenetically activate new genes to create
new proteins), and if the expression of the proteins is the expression
of life and is equivalent to the health of the body, in this case figure 5.1 B
illustrates how thoughts can heal the body.

Stem cells: our powerful reserve
of potentials

Stem cells are the part you need to understand next.
puzzles. They are at least partially responsible for how what
seems impossible becomes possible. Officially, they are biological cells-
undifferentiated minds that become specialized. They are the ma-
raw material. When these blank slates are activated, they metamorphose
be in any kind of cell that the body needs—such as cells
muscle cells, bone cells, skin cells, immune cells and even

brain nerve cells—to replace damaged cells or
damaged tissues, organs and body systems. Consider the cells
lulas mother like a slush before pouring the syrup that gives it the
flavor, like clay waiting on the wheel for the potter to transform it
on plates, bowls, vases or cups, or even as a roll of tape
silver duct tape that can one day repair a leak
pipe and the next cleverly create a dress for the party
graduation.

The following example illustrates how stem cells work. When you
If you cut your finger, your body needs to repair the skin. Physical trauma
local physicist sends a signal to your genes from outside the cell. The gene
is activated and creates the appropriate proteins which, in turn, order the cells
the stem cells that develop into healthy functioning skin cells-
mind. The traumatic signal received is the information that the cell needs
stem cell to transform into skin cells. In our body,
constantly give millions of processes like this. The healing attributed
liable to this kind of genetic expression is documented in the liver,
muscles, skin, intestines, bone marrow and even the brain and
the heart."

In wound healing studies in which participants
are in an extremely negative emotional state like that of
anger, the stem cells do not receive the message clearly. When there is
signal interference, such as static interference from
a radio, the potential cell does not receive the right kind of stimulation-
tion in a coherent way to transform into a useful cell. As
I explain in the section on the stress response and the state of super-
experience, healing takes longer to occur because most of the
The body's vital energy is busy dealing with the emotion of anger
and its chemical effects. It is not the time for creation, growth,
to or regeneration, but for an emergency.

When the placebo effect occurs and you generate the appropriate mental level
with a clear intention and you combine it with a high emotion and sus-
tempting, the right kind of signal reaches the cell's DNA. The men-
sage, in addition to influencing the production of healthy proteins to improve

the structure and function of the body, creates new and healthy cells
dormant stem cells that were waiting to be activated with the
appropriate message.

These stem cells could even be considered as cards
to get out of Monopoly jail, because as soon as they are chosen or activated,
go, they replace the cells of the injured areas of the body, thus
that allow it to regenerate. In fact, stem cells help us to
explain how healing occurs in at least half of the cases
bo related to fake surgeries, whether it's an arthritic knee
tica as a coronary bypass (as described in Chapter 1).

How intention and intense emotion change our biology

I have already mentioned emotions and the fundamental role they play in

the healing of the body, but now I will go into more detail on this subject. If you res-
We respond with intense emotion to new thoughts in the
that we concentrate on during mental review, is like equipping with
a turbocharger to our efforts, because emotions help us
make epigenetic changes much faster. The component-
emotional is not necessary. After all, the subjects that strengthen-
their muscles by imagining that they were lifting weights they didn't need
feel ecstatic to change their genes. But they were inspired to use their
imagination every time they mentally raised them saying: "With
"More strength! More strength! More strength!" The constant emotion
was the energetic catalyst that really enhanced the process.'' Feeling
That kind of intense emotion allows us to achieve very good results.
more spectacular ones much more quickly, the same kind of surprises
surprising results of the placebo response.

Remember the laughter study from Chapter 2? Some researchers
Japanese researchers discovered that watching a one-hour comedy on the TV
Levision reactivated 39 genes, 14 of which were related to the
activity of natural killer cells of the immune system.

Other studies have revealed that after watching a humorous video,
participants had different antibodies increased." Researchers
from the University of North Carolina at Chapel Hill demonstrated
In addition, an increase in positive emotions produced an increase
in vagal tone, an indicator of the health of the vagus nerve, which
plays a very important role in the regulation of the nervous system
autonomous and homeostasis.? In a Japanese study, rat pups
those who were tickled for five minutes a day for five days
guided to produce a positive emotion generated new neuro-
noses in his brain.'∗

In all these cases positive emotions helped the subjects to
activate real physical changes that improved their health. Emotions
positive ones promote good health of the body and brain.

Now look at the pattern of many studies on the placebo effect:
as soon as the subject begins to generate a clear intention about a new
future (wanting to live without pain or being sick) and combines it
with intense emotion (of enthusiasm and hope, anticipating that
will live without pain or being sick), the body stops living in the past.
He is already living in that new future, because, as we have seen, the body-
po does not know how to differentiate an emotion created by a real experience from
another created with thoughts. This intense emotional state pro-
produced by new thinking is therefore an essential component
of the process, because it constitutes new information from outside the
cell, and the body does not know how to differentiate an experience from the outside world
anterior of another of the inner world.

Do you remember Mr. Wright from Chapter 1? He was excited to believe
that he would be cured with the new and powerful medicine he had heard about
speak. He was so happy that he pestered his doctor to administer it to him.
minister. When he did it, he had no idea it was an inert substance.
But since his brain did not know how to distinguish mental images from cu-
be impregnated with a great emotional charge of a real healing, its
body responded emotionally as if what had been imagined
would have already happened. His body and mind worked in unison to
send signals to new genes in new ways and that, instead of the "me-

"new and powerful medication" administered, was what made their tu-
mores were reduced and he was cured. That was what created his new state-
of being.

But when Mr. Wright learned that clinical trials were
about the drug had revealed that the drug did not work, vol-
He saw his old thoughts and emotions—his old program-
tion—, so it is logical that the tumors appeared again.
state of being had changed again. But when his doctor told him that
could get a higher quality version of the drug that previously
had worked, Wright became hopeful again. He truly believed that the
new version of the drug would work, because he had bought it
bad in the past (or at least that's what I had thought).

Naturally, as soon as the intention to heal arose in him again
and started thinking about that possibility again, his brain started to activate again-
var and form new neural connections, and he created a new mind.
He felt excited and hopeful again, and those emotions produced
They generated the chemicals in their bodies that reflected their new
thoughts. And since his body could not distinguish his thoughts
and feelings about being cured of a real cure, responded in unison
with his brain as if what he had imagined had already happened and
their tumors disappeared again.

But as soon as he read in the news that the "miracle drug"
It had been nothing more than a scam, he returned to his old thoughts and
emotions for the last time, and his old personality, along with his tu-
mores. The miraculous thing had not been the medicine, but him. He had
been the real placebo.

That is why it is logical that instead of limiting ourselves to avoiding negative emotions
tives, such as fear and anger, let us also try to feel truly emotional
positive emotions, such as gratitude, joy, excitement, enthusiasm,
fascination, amazement, inspiration, wonder, confidence, appreciation, bon-
dad, compassion and strength to take advantage of any advantage in order
to maximize our health.

Studies reveal that feeling positive and expansive emotions

such as kindness and compassion—emotions that, by the way, we all have

we have—, releases a different neuropeptide (called oxytocin) that
deactivates receptors in the amygdala, the part of the brain that generates
fear and anxiety.'* By freeing ourselves from fear, we can be infinitely
more trusting, forgiving and kind. We leave behind selfishness and
we become altruistic. And as we adopt this new state
of being, our neurocircuits present us with an infinity of possibilities
facts that we couldn't even imagine before, because now we don't
we spend all our energy trying to figure out how to survive.

Scientists are discovering areas of the body—such as the in-
intestines, the immune system, the liver and heart, and many
other organs—that contain oxytocin receptor sites. These
organs are very sensitive to the beneficial effects of oxytocin, which
which in turn has been associated with an increase in the number of blood vessels
bananas in the heart," the stimulation of immune function," the
increased gastrointestinal motility? and normalization of the
blood sugar levels."

Returning to the topic of mental review, remember that when you do it-
then the frontal lobe is your ally, because, as I have already pointed out, this part-
brain tea helps you disconnect from your body, your environment and time
po, the three main elements you focus on when you live in
the state of survival. It helps you go beyond yourself to enter a
state of pure consciousness in which the ego does not exist.

In this new state, as you visualize what you desire, your heart
is more open and positive emotions flow through you as
the loop of feeling what you think and thinking according to what you feel ac-
you finally benefit yourself. The selfish state of mind of the super-mode
experience disappears, because now the energy you spent on it is appropriated
you can create. It's like someone paid your rent that month.
or your mortgage so that you have some extra money and can use it
as you wish.

Now you will understand why if you generate a clear intention about a
new future and you combine it with an intense and expansive emotion, and ha-
You do this over and over again until you create a new state of mind and a new
state of being, those thoughts will seem more real to you than your vision

limited from before reality. You are finally free. As soon as you feel that
emotion, you can more easily fall in love with the possibility that
you've been imagining.

The conductor (the frontal lobe) feels like a child in
a candy store: excited and happy, he sees all kinds of possibilities
creative abilities in terms of the combinations you can make with
new neural connections to form new networks in the brain
bro. And as the conductor disconnects us from our
old state of being and connects us to the circuits of this new state
of the being, our neurochemical substances begin to transmit new-
You send signals to the cells and, upon receiving them, they prepare to do
epigenetic changes that will send signals to new genes in a way-
new and powerful, and feeling intense emotions as if the situation
desired action has already happened, you are sending the gene the signal
before the situation happens in the environment. Now you no longer have to
do not wait or wish for change to finally happen, but you are the one who pro-
change.

Back to the monastery

Let us return to the study at the beginning of the previous chapter in which some
Older people pretended to be younger and ended up rejuvenated.
physically. I have already answered the question of how he achieves this-
rum and the mystery has been solved.

When these subjects arrived at the monastery, they left behind family life.
military they carried. Nothing reminded them of who they thought they were based on
in their external environment. Then they began the retreat generating an in-
very clear intention: to appear as realistically as possible that
were younger again (using the physical and mental review, because am-
both the brain and body change). While watching movies, reading
magazines and listened to twenty-two radio and television programs
Years ago, without the interruptions of modern life, they managed to forget
of the reality of being septuagenarians and octogenarians.

They began to live as if they were younger again. As
that generated new thoughts and feelings about being younger-
nes, his brain began to activate neurons in new sequences, es-
structures and combinations, some of which had not been activated
for twenty-two years. Like everything around them, and also their
excited imagination, happily helped them to make the experience
was as real as possible, his brain could not distinguish between being
twenty-two years younger and simply pretend to be. That's why the part-
Participants in the study managed, within a matter of days, to start sending the
signals that would create the precise genetic changes to reflect who
were being.

His body then produced the neuropeptides that matched

their new emotions and, when released into the body, they sent out new
messages to the cells. As the appropriate cells allowed
that those chemical messengers penetrated their interior, they led them
directly to the DNA of the nucleus. As soon as they reached the nucleus of the cell
lula, they created new proteins there, and these in turn sought out new genes
that were consistent with the information they carried. Upon finding
the proteins unfolded the DNA, activated it into the latent gene and
triggered epigenetic changes. These in turn produced new
proteins that looked like those of when those subjects were twenty-two
years younger. And if his body lacked the necessary elements
to create any of the required epigenetic changes, the epige-
noma simply ordered the stem cells to create whatever was-
was necessary.

The cascade of physical improvements allowed them to make further epi-
genetics that in turn activated more genes, until finally the subjects
Those who left through the doors of that monastery were no longer the same
who had entered it only a week ago.

And if the process worked for them, I assume it will work for you too.
will arise. What reality do you choose to live and who are you pretending to be (or not to
Could it be that simple?

6

Suggestibility

Ivan Santiago, a 36-year-old guy, was standing patiently in a
street in New York City, along with a handful of paparazzi piling up
tied behind a velvet cordon, in front of the service entrance
from a four-star hotel in the Lower East Side. They expected
to a foreign dignitary who was about to leave the building and go up-
He got into one of the two black limousines waiting for him at the curb.
But Santiago instead of holding a camera, with one hand held
a brand new red backpack, and with the other he held a revolver equipped
with a silencer that he kept inside a half-open pocket
from the backpack. Santiago, a prison officer of imposing stature,
aspect with a shaved head that would have made Vin Diesel feel-
He was proud, and knew a thing or two about lethal weapons. In his work
I had never had to shoot anyone, but that day I was ready to
do it.

Moments before I was on my way home without even thinking about a revolver.
no bags, no foreign dignitaries, no murders. But there it is now,
ready to pull the trigger, his brow furrowed in an intimidating
grimace and just seconds away from becoming a murderer. The hotel door
It opened and his target walked out casually dressed in a shirt
immaculate white, dark glasses and a leather wallet in his hand. The guy
He only had time to take two or three strides towards the limousine that was waiting for h

raba, because Santiago took the revolver out of his backpack and shot him three times. The man fell dead to the ground with his shirt covered in blood.

A few seconds later a man named Tom Silver appeared from nothing and calmly put a hand on Santiago's shoulder and

another on the forehead, saying: "When I have counted to five I will say "des- wake up," and you will open your eyes and wake up. One, two, three, four, five- "Wake up!"

Santiago had been hypnotized to shoot a stranger. acid (actually it was a double) with a harmless compressed air revolver compressed from those used to play airsoft, in an experiment conducted led by a handful of researchers who wanted to experiment with something inconceivable: was it possible, through hypnosis, to program a good, law-abiding person to become a des- merciful murderer?!

Hidden inside the limousine with their eyes fixed on the scene, found the researchers working with Silver: Cynthia Me- Yersburg, who at that time was doing a postdoc in Harvard specialist in experimental psychopathology; Mark Stokes, a Oxford neuroscientist who studied neural networks related to with decision-making; and Jeffery Kieliszewski, a psychologist fo- Human Resource Associates in Grand Rapids, Michigan, who had worked in maximum security prisons and in hospitals for insane killers.

The day before the researchers had started the study with a group of 185 volunteers. Silver (a certified clinical hypnosis professional) Nicaraguan and expert researcher in forensic hypnosis who had helped in an occasion for the Taiwanese Department of Defense to bring to light a $2.4 billion international arms trafficking scandal res), had examined the 185 participants to determine to what extent point were suggestible by hypnosis. It is considered that only 5 to 10 percent 10 percent of the population is predisposed to it. Only 16 percent members of the group passed the test, and after carrying out an evaluation psychological to rule out those who may suffer psychological damage irreversible due to the experiment, 11 of them passed to the next test to determine whether they rejected, under hypnosis, social norms deeply rooted and discover who was the most suggestible of all.

They divided them into smaller groups and took them to eat at a uncrowded restaurant after having imbued them, without their knowledge,

a post-hypnotic suggestion telling them that as soon as they sat down at the
table, they would feel so hot that they would end up taking off their clothes until-
having sex in their underwear in the middle of the restaurant. While all the subjects
carried out the instructions received to a greater or lesser extent, the in-
Investigators eliminated seven of them because they believed they were faking.
or who were not suggestible enough to follow instructions.
tions until the end. The others remained in their underwear in question
For seconds, they actually thought they were feeling unbearable heat.

The four who made it to the next level were offered a
test in which no one could fake it. Participants had to me-
to immerse yourself in a deep metal tub filled with ice-cold water at a temperature
temperature of 1.6 degrees, just a few degrees above the con-
freezing. One by one, they were connected to devices to monitor their
heart rate, respiratory rate and pulse, while a camera
special thermal imaging system monitored both its temperature
body like that of water. Silver, after hypnotizing them, told them that the icy
water would not bother them at all and they would actually feel like
if they were taking a relaxing hot bath. The anesthesia
logo Sekhar Upadhyayula performed the test in the presence of experts in
medical emergencies just in case.

This test was definitive to continue with the experiment or discard it.
take it. Normally, when we dive into such cold water, we experience
We regulate the involuntary reflex of taking a breath when the water reaches us.
the height of the nipples. The heart rate and breathing rate accelerate,
We start to tremble and our teeth chatter: it is the nervous system
I am autonomous, taking command to try to maintain balance.
interior, something that is not under our control. Although a person is
would find itself in a deep state of hypnosis, the amount of sensations
nes that the brain receives in these extreme circumstances is normal-
mind too overwhelming to remain in a hypnotic state. If
any of the subjects passed the test, it would mean that it was without
highly suggestible doubt.

Three of the subjects were in a deep state of hypnosis,
although it was apparently not deep enough to support a

such intense cold without his body ceasing to maintain homeostasis.
The maximum time they managed to stay in the bathtub was eighteen seconds.
two. But the fourth, Santiago, was there until two minutes before the
Dr. Upadhyayula stopped the test.

Although Santiago's heart rate was elevated before performing the
experiment, as soon as he got into the water he went down instantly. In his
ECG did not show a single oscillation and his respiratory rate did not pro-
He didn't make a single beep. Santiago sat among the ice cubes like

if I were in a bathtub full of hot water, exactly what
thought he was doing. The guy didn't flinch in the slightest nor did he suffer
hypothermia and the researchers knew they had found the
subject they were looking for.

Since Santiago was so suggestible under hypnosis that his body
could overcome extreme environmental conditions during that period of time
time and his mind was able to control its autonomic functions, es-
I was prepared for the final test.

Researchers discovered when examining Santiago's past
that he was an excellent person. He was a trusted employee,
a good son and a loving uncle. He certainly wasn't the kind of man who
would agree to murder someone in cold blood. Would Silver manage to convert him?
into a murderer?

For the next phase of the experiment to be valid, Santiago did not
could know what the investigators were up to, he could not relate
to mention the experiments in which he participated with the scene before the ho-
where the scientific study would be conducted. As part of the plan, the pro-
television producers in charge of filming the experiments
They reported that he had not been selected to continue in the program.
ma, but they asked him to come back the next day for a brief inter-
Farewell visit. Before leaving, they told him that they would not hypnotize him again.
chalk.

Santiago returned the next day. While chatting with the product-
The team then set about preparing the street scene. The stunt double joined in.
with adhesive tape some bags with fake blood, they put inside a
red backpack an airsoft compressed air revolver (produces the same)

noise and recoil than a real revolver), and left it in the
seat of a motorcycle parked next to the entrance of the building. They surrounded
the hotel service entrance with a velvet cordon and the popes-
Fake razzi crowded into the place equipped with their cameras
and video. Two limousines parked on the street pretended to wait
to the "foreign dignitary" and his entourage.

On the top floor of the building, Santiago answered, oblivious to everything, the
questions from her "farewell interview", but suddenly the producer
He told her to excuse him because he had to leave for a moment.
Then Silver came into the office saying that he wanted to say goodbye to him.
When he shook her hand, he gave her a little tug on her arm, and San-
Tiago, who by now was conditioned to react to this
kind of signs, he immediately fell into a hypnotic trance and fell asleep
skeined over the sofa.

Silver warned him that "a bad guy" was downstairs and added: "There's

We have to eliminate it. We will get rid of it and you are the one who will do it.
He told Santiago that as soon as he left the building, he would see a red backpack.
on a motorcycle and that there was a revolver inside. He added that he should take
the red backpack, approach the velvet cord and wait for the dig-
Natario, who was carrying a briefcase, was leaving the hotel. He pointed out to her:
"As soon as he comes out, you will point the revolver at his chest and shoot:
Boom! Boom! Boom! Boom! Boom! But once you've done that, you'll forget about it.
you will live completely without everything.

Finally, Silver implanted both the sound and physical stimulus.
which would cause Santiago to immediately fall into a low hypnotic state
who would carry out the posthypnotic suggestion: he told him that when he went out to the
street would recognize the producer of the segment and that this person would give him
would shake his hand and say, "Ivan, you've done a great job."
see asked him to nod if he was going to execute what he had ordered and San-
Tiago did so. Then Silver brought him out of the hypnotic trance and acted as
if he were simply saying goodbye to him.

The producer returned to the office when Silver had already left and
He thanked Santiago, telling him that the farewell interview had
had finished and that he could leave. Shortly after, Santiago left

from the building believing he was returning home.

As soon as he stepped out onto the street, the producer of the segment approached him.
and, shaking his hand, said: "Ivan, you have done a magnificent job."
It was the stimulus that was going to plunge him into a hypnotic state. Instantly,
Santiago looked around, saw the motorcycle, walked over to it and co-
He calmly pulled the red backpack off the seat. Seeing the cord,
ciopelo and the paparazzi, approached where they were and slowly opened
the backpack.

Shortly after, a man with a briefcase in his hand came out of the hotel.
Santiago, without hesitation, took the revolver out of his backpack and shot him in the ch
several times. The bags of fake blood that the "dignitary" carried ad-
wounds under his shirt burst and he pretended to fall dead to the ground.

Silver appeared almost immediately on stage and made Santiago
close his eyes. The double hurried away as Santiago des-
awoke from the trance-like state he was in. Psychologist Jeffery Kie-
Liszewski appeared on the scene and suggested to Santiago that he accompany him to the
inside the building with the others to inform him of what had happened.
As soon as they entered, the investigators told the bewildered Santia-
I go what happened and asked him if he remembered what he had done or
of the scene that had developed in the street. Santiago did not remember-
It was nothing, that is, until Silver suggested he do it.

Programming the subconscious

In the first chapters you have read about many different people who-
My bodies, by accepting a possible imagined situation, responded
as if by magic to that mental image: patients who were carrying
years suffering from the involuntary tremors of Parkinson's and that when au-
increase their dopamine levels through their thoughts
her spastic paralysis mysteriously disappear. A woman with a
chronic depression that over time physically changed his ce-
He revived and transformed his debilitating emotional state into joy and well-being.
Asthmatics who had a full-blown bronchial attack provoked by

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simply by water vapor and then, in a matter of seconds,
two, their bronchi expanded when they inhaled the same substance. And pa-
Patients with severe knee pain who could barely move,
who miraculously improved after undergoing fake surgery
knee and that after several years they were still in perfect condition
mind.

In all these cases and more, it could be said that each of these
people first accepted the suggestion to improve and then believed in it, and
then surrendered to the result without analyzing the process. When he accepted-
They were able to regain their health, aligned themselves with a possible reality
future and then his mind and brain changed in the process.
believe in the outcome, they emotionally accepted the idea that it would improve-
laugh and that's why their body, like an unconscious mind, began to live that
future reality in the present.

They conditioned their body to adopt a new mind and then em-
They began to send signals to new genes in new ways, and to express
new proteins to be healthier, with which they acquired a new
state of being. As soon as they accepted this new situation, they stopped
analyze how or when it was going to manifest: they simply trusted
a better state of being and maintained that new mental and physical state
for a long time. That lasting state of being was what activated the
suitable genes and programmed them to continue to occur.

Whether you decided to take sugar pills daily for weeks
or even months, as if they received a single saline injection or underwent
They were subjected to fake surgery, these people reaffirmed during the study.
who believed in a new future and who accepted it and surrendered to it. If
for example, they were taking a daily pill to relieve their pain or their
depression, the pill constantly reminded them that they should condition-
to your body, expect to heal, and assign meaning to that activity
intentional, reinforcing the internal process again and again. If it was
from a weekly visit to the hospital to see the doctor and tell him about his progress
sos, the decision to interact in a certain environment with facultati-

you, nurses, a medical team and waiting rooms triggered a sympathy
number of sensory responses that reminded them, through the

associative memory, the possibility of a new future. Their experiences
past had conditioned them to see the so-called <hospital> as a place
gar where people were cured. Placebo patients began to anticipate
their future changes, thereby assigning an intention to the process
rative. And these factors, having a meaning for them, made them more
prone to be influenced by the results they experienced.

Let's focus on what is obvious and yet often
be overlooked. The changes were not due to any real mechanism
physical, chemical or therapeutic. None of these people underwent
a real intervention, took active medications or received a real-
serious treatment to create those important changes in your health.
They healed by influencing the physiology of their body with the power of their mind.
It can be said that his authentic transformation happened outside of
your conscious mind. Although it initiated the healing process, it happened
subconscious level without the subjects knowing how it had happened.

The same thing happened to Ivan Santiago. The power of his mind under hypnosis
sis influenced his physiology to such an extent that he didn't even shudder
when he got into the freezing bathtub filled with ice cubes. This feat-
It was not done by your conscious mind, but by your powerful subconscious mind.
altered by a mere suggestion. If he had not accepted it, the result
would have been very different. He did what he did without thinking about how
I would do it, in fact Santiago didn't believe he was submerged in icy water,
but in a relaxing bathtub filled with hot water.

The placebo effect, therefore, like that of hypnosis, is created by our
your mind by interacting in some way with the autonomic nervous system
mo. The conscious mind simply merges with the subconscious. In
how much placebo patients accepted a thought as reality
and then believed and trusted emotionally in the final outcome,
The next thing that happened was that they were healed.

A cascade of physiological episodes automatically produces a
series of biological changes, without the conscious mind participating in it
you. They were able to enter the operating system where these occur
functions daily and in doing so it was as if they planted a seed in the ground
fertile land. The system automatically took over. In reality, na-

die had to do it. It just happened.

None of these subjects could consciously raise their levels.
of dopamine by 200 percent, mentally controlling tremors
involuntary, produce new neurotransmitters to combat depression
sion, send signals to stem cells to metamorphose into
leukocytes and increase the immune response, nor regenerate cartilage
of the knee to reduce the pain, just as Santiago could not have avoided
tried to shudder no matter how hard he tried with his conscious mind when
He got into the bathtub. Anyone who tried to do this kind of thing
would have failed miserably. Those people had to resort to
to a mind that already knows how to initiate all these processes. To succeed
They had to activate the autonomic nervous system, the subconscious, and assign-
then give it the task of creating new cells and new healthy proteins.

Acceptance, belief and surrender

I have mentioned the word suggestibility throughout the book as if
being suggestible was something we could do at will. But
Reading the story at the beginning of the chapter you have seen that it is not so easy
as it seems. Let's face it, some of us—like Ivan Santia—
go—we are more suggestible than others. And even the most suggestible people—
manageable respond better to certain suggestions than to others.

For example, some of the subjects who took the hypno-test
tism, after the posthypnotic suggestion they had no problem in
stay in their underwear in a public place, but were unable to
accept the idea that a bathtub full of ice water was actually a
jacuzzi with hot water, despite the post-hypnotic suggestions
(such as Santiago shooting a stranger) are usually more
difficult to follow than suggestions that change your temporary state
really during the hypnotic trance.

And the placebo response, like hypnosis, doesn't work for everyone either.
the world. The placebo patients cited in the book who managed to maintain
ner for years the positive changes they had made (such as those of the

fake knee surgery) responded like hypnotherapy subjects
who had received post-hypnotic suggestions. Some, like those
subjects, these kinds of suggestions worked wonders for them. But
others had little effect on them.

For example, many people when they get sick or suffer from some
disease do not even accept the idea that a medicine, a pro-
procedure, a treatment or an injection can help them, and less
still a placebo. Why not? Because to achieve it, it is necessary to think
beyond how you feel—and then letting those thoughts create
new feelings, which in turn will reinforce those new thoughts.

ments—until acquiring a new state of being. But if the feelings
The same old coughs have become the same old way of thinking and
One cannot transcend that habituation, one will remain in the same state
mental and physical and nothing will change.

However, if those people who do not accept that a medicine or
a procedure can cure them, they manage to accept and believe that they will be cured,
and then they give themselves over to this new thought without agitation, worry or
analyze it constantly, in that case you will get much better results
more positive. Suggestibility turns a thought into an ex-
virtual experience, so the body responds in a new way.

Suggestibility combines three elements: acceptance, belief and
surrender. The more we accept, believe and surrender to whatever
whatever we are doing to change our inner state, better-
res are the results we get. Likewise, when Santiago was
under hypnosis and his subconscious was in charge, he accepted what
Silver told him about the "evil guy" he had to eliminate, believing that he was
was telling the truth, and followed the detailed instructions without analyzing or
judge what he was going to do. They didn't sign any contract, nor did Santiago ask him
He didn't provide any proof. Nor was he questioned. He just did it.

The additional component of emotion

When we are presented with the idea of healing and we associate it with hope,

ranza or with the thought - that something outside of us changes us -
will be inside-, as we excitedly anticipate the healing experience
We let ourselves be influenced by that final result. We condition the system
that will create the result, we expect it to happen and we also give it a
meaning.

But the emotional component is essential in this experience, since
that suggestibility is not simply an intellectual process. Mu-
Many people can intellectualize that they feel better, but if they don't
If they emotionally accept the result, they will not be able to enter the system.
autonomic nervous system (as Santiago did through hypnotism),
which is essential because it is where the subconsultation programming resides
cient that controls biological functions (as I have described in the ca-
Chapter 3). In fact, in psychology it is generally considered that a
A person who feels intense emotions tends to be more receptive to them.
ideas and is therefore more suggestible.

The autonomic nervous system is controlled by the limbic brain,
also called the "emotional brain" and the "chemical brain." The brain
limbic, shown in Figure 6.1, deals with subconscious functions

cients such as chemical order and homeostasis, to maintain the equilibrium
natural physiological library of the body. It is your emotional center. By feeling
different emotions, you activate this part of the brain and then it creates the co-
corresponding chemical molecules of emotion. And as the brain
emotional works outside the conscious mind, as soon as you feel
an emotion activates the autonomic nervous system.

If the placebo effect requires you to feel an intense emotion before-
before the healing experience occurs, when you increase the res-
emotional state (and you come out of the state you have settled into), it is-
You are activating the subconscious system. Allowing yourself to feel emotions
It is a way to enter the operating system and program a change
bio, because now you are automatically giving it the instructions
to the autonomic nervous system to begin creating the corresponding
biochemical tooth as if you were already healing. And the body reci-
then be a mixture of those natural alchemical elixirs of the cere-
bro and the mind. That's why the body emotionally becomes

mind.

CONSCIOUSNESS MOVEMENT

THE CONSCIENCE
FLOWS
and NEOCORTEX

ACE
BRAINSTEM and v

FIGURE 6.1

When you feel an emotion you bypass the neocortex - the seat of the brain.
of the conscious mind—and activate the autonomic nervous system.
And as you go beyond the thinking brain, you enter the part of the brain

that regulates, maintains and promotes health.

As you have seen, not all emotions are suitable for this. Emotions
nes of the survival state that I have already talked about in the chapter
prior to unbalancing the brain and body re-silence (or deactivate)
the genes needed for optimal health. Fear, the feeling of in-
utility, anger, hostility, impatience, pessimism, competitiveness
Life and worries do not send the signals to the right genes
to make the body healthier; on the contrary, they activate the lu-

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flight or escape from the nervous system and prepare the body for an emergency
company. When this happens instead of using the vital energy to heal you, the
you are wasting.

By the way, it's also like trying to make something happen.
When you try, you face something because you are trying to change-
you. You are struggling, trying to force a result, even though
don't realize you're doing it. This attitude makes you lose your balance.
book, as well as the emotions of the survival state, and how much
The more frustrated and impatient you feel, the more unbalanced you are. Re-
strings episode V of The Empire Strikes Back, when Yoda tells
Luke Skywalker that one should not try something, just do it (or not do it-
(what)? The same thing happens with the placebo response. There is no need to try to ob-
have it, just let it happen.

All those negative and stressful emotions are so common and
At the same time, they connect us to so many familiar situations from the past,
that when we let ourselves be carried away by them they make our body continue
connected to the same conditions of the past, which in this case is a
poor health. We are not providing any new information for
program our genes in any new way. Our past re-
strength our future.

Instead, emotions such as gratitude and appreciation make the co-
reason opens up to us and the energy of our body rises to a new
place, abandoning the lower hormonal centers. The gratitude
Lying is one of the most powerful emotions that exist to increase
take our degree of suggestibility. It emotionally teaches the
body that the episode for which we are grateful has already happened
did, because we usually feel grateful after having
the desired situation has occurred.

If you feel the emotion of gratitude before the actual situation
happens, your body (as an unconscious mind) will begin to believe that the
episode has already happened or is happening to you at that moment.
That is, gratitude is the state of someone who has just received what he wanted.
Look at Figure 6.2 to see the difference between the expression of the
survival state emotions and the expression of emotions

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high.

HEIGHTENED EMOTIONS

FOREHEAD

TO LIMITED EMOTIONS

* THANKS
* LOVE

+ JOY

* INSPIRATION

* PEACE

* FULLNESS

* TRUST

* KNOWLEDGE

* PRESENCE

* EMPOWERMENT

EMOTIONS
CREATIVE
(ALTRUISM)

* DOUBTS
EMOTIONS «FEAR
* GONNA
OF * INSECURITY

SURVIVAL - CONCERN
- ANXIETY

(SELFISHNESS) - JUDGMENTS
- COMPETITIVENESS

* HOSTILITY

* SADNESS

* GUILT
+ SHAME

+ DEPRESSION

* LUST

FIGURE 6.2

The emotions of the survival state come from
especially stress hormones, which tend to promote
more selfish and limited mental and physical states.

Instead, when you feel more creative elevated emotions,
your energy rises to a different hormonal center,
your heart begins to open and you feel more altruistic.

It's when your body starts to respond to a new mind.

If you manage to feel appreciation or gratitude and you combine it with a
clear intention, you will be beginning to emotionally express the episode-
desired god. You will be changing your brain and body. Specifically,
You will be chemically training your body to know what you
mind knows philosophically. You could say that you are in a new future-
in the present. You no longer use the usual primitive emotions
those that kept you anchored in the past, now you use elevated emotions
you give to be taken to a new future.

The two faces of the analytical mind

Let's go back to the idea I discussed earlier that each of us is-
we are more or less suggestible, which brings us to the spectrum of su-
manageability. Everyone has their own level of susceptibility to
thoughts, suggestions and orders - coming from both the
external and internal reality-, depending on many different va-
variable. Consider your level of suggestibility as if it were related
inversely with your analytical thoughts (as illustrated in the figure
6.3): The stronger your analytical mind is (the more you analyze things),
sas), the less suggestible you are; and the weaker your analytical mind is,

ca, the more suggestible you are.

ANALYTICAL MIND AND SUGGESTIONABILITY

MIND

SD ANALYTICS 4

MIND
ANALYTICS N. SUGGESTIONABILITY)

The inverse relationship between the analytical mind and suggestibility.

FIGURE 6.3

The analytical mind (or critical mind) is that part of the mind that you use consciously and knowing that you are doing it. It is a function of the neocor- thinking skin, the part of the brain where your conscious mind resides, who thinks, observes, remembers things and solves problems. Analyze- compare, judge, reconsider, examine, question, polarize, inspect tion, reason, rationalize and reflect. He takes what he has learned from the past experiences and applies it to a future outcome or something that is still has not experienced.

For example, in the hypnotic experiment described at the beginning of the chapter, seven of the eleven subjects who received the post-hypnotic suggestion The ethics of taking off clothes in a public restaurant was not carried out until the end. It was the analytical mind that gave them back their "common sense" "mun." As soon as they began to analyze the situation - Is it correct? De- Should I do it? How will I look if I do it? Who will be watching me? What will my partner think? - the suggestion lost its power and returned saw them regain their former state of being. The participants who immediately stripped down to their underwear, change, they didn't question what they were doing. They were less analytical (and therefore more suggestible) than the rest.

As the neocortex is divided into two halves called hemispheres, It is logical that we analyze and spend a lot of time thinking about it. dual: you know, good versus evil, right versus wrong, positive versus negative, masculine versus feminine, hetero- rosexual versus homosexual, liberal versus conservative, pa- sad versus the future, logic versus emotion, the old versus the new, head over heart..., I guess you've already asked yourself one idea of what I mean. And when we live stressed, the substances chemicals that circulate through our body tend to make us analyze Let's do things faster. We analyze them even more so we can to predict future results and thus protect ourselves from the worst situations based on our past experiences.

Naturally, there is nothing wrong with using the analytical mind.
has been serving us throughout our waking life. It is the one that
makes humans. Its task is to relate the world with meaning and coherence

exterior (the combined experiences of people and things in different
moments and places) with our inner world (our thoughts-
lies and feelings).

Our analytical mind works best when we are calm, re-
relaxed and focused. That's when it works for us. It simultaneously examines
in many aspects of our lives and gives us meaningful answers
captives. It helps us choose from an infinite number of options to
make decisions, learn new things, examine whether we should believe in
something, judge social situations based on our ethical principles
cos, know clearly what our objective in life is, distinguish with
conviction what conforms to moral standards and evaluate the information
important sensory function.

The analytical mind, as an extension of our ego, also
It protects us so that we can face the outside world and survive.
in the best possible way in it. (Actually, one of the main la-
The ego's work is to protect us.) It is always evaluating the situations of the
outside and assessing the panorama to achieve the best results
advantageous. Take care of the self and also try to protect the body. Your ego
It will warn you when there is a potential danger and encourage you to respond to the situ
situation. For example, if you are walking down the street and see a car that is
drives towards you driving too close to the curb on the sidewalk
you are passing by, maybe you cross the street to protect yourself: your ego has advised y
jado.

But when your ego has been thrown off balance by a barrage of hor-
stress, your analytical mind speeds up and becomes overstimulated. It is how-
Instead of supporting you, it works against you. In this case, you over-analyze
things. And by making sure that your ego is more important than you
No one, because that is their job, becomes tremendously selfish. Think
and feels like he has to be in charge to protect the identity.
Try to control the results, foresee what needs to be done to
create a safe situation, and cling to the usual without wanting to change,
so he holds a grudge, feels pain and suffers, or is unable to overcome his
victimhood. He always avoids the unknown and sees it as a possible danger.
gro, because the ego does not trust the unknown.

And he'll do whatever it takes to feel the rush of addictive emotions.

He wants to get what he wants at all costs and will do whatever it takes to get it.
get their way, elbowing their way if necessary to be
the first in line. In his eagerness to protect you, he can be cunning, manipulative,
aggressive, competitive and deceptive.

And the more stressful the situation, the more your mind will feel ana-
the need to analyze your life according to the emotion you are feeling
tending at that moment. Your mind then moves even further away from the system-
operating system of the subconscious, where real changes occur.
You dedicate yourself to analyzing your life based on your emotional past, even though-
that the answers to your problem are not found in those emotions,
which also make you analyze things even more from that chemical state-
limited monkey you've become accustomed to. You think as usual.

And because of the thinking and feeling loop I talked about earlier, those
thoughts re-create the same old emotions, so the
brain and body become even more unbalanced. But the responses
What you are looking for, you will find them more easily when you are able to go
beyond that stressful emotion and see your life from a mental state
so different. (Read on.)

The more powerful your analytical mind becomes, the less you let yourself
suggest by the results. Why? Because in a situation of in-
imminent emergency is not the time to show off a mentality
openness: considering new possibilities and accepting new re-
results. Nor to believe in new ideas and surrender to them, abandoning
the ones from before. Nor to trust anything blindly, but it is time to
protect the ego by evaluating what you know versus what you don't know to ele-
give yourself the best chance of survival. It's time to flee from
the unknown. It is therefore logical that when the analytical mind is so-
Overstimulated by stress hormones, becomes narrow-minded and
does not tend to trust or believe in anything new, and is less likely
to be influenced by believing in the power of thoughts or in the
possibility of knowing the unknown. So it's up to you that the
analytical mind or ego support you or act against you.

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The inner workings of the mind

Consider the analytical mind as a distinct part of the mind
conscious that separates it from the subconscious. As the pleasurable response
bo only works when the analytical mind is silenced so that your
consciousness can instead interact with the subconscious—the
the place where real changes occur—the placebo response
It only happens when you go beyond your self and eclipse the conscious mind.
you with your autonomic nervous system.

Figure 6.4 illustrates this in a simplified way. The circle of the fi-

figure represents the entire mind. The conscious mind only occupies 5
percent. It is made up of logic, reasoning and skills
creative. These aspects generate free will. 95 percent
The remainder is made up of the subconscious mind, which is the operating system.
rative where all automatic skills, habits, reactions
emotional, programmed behaviors, conditioned responses, re-
associative chords and routine thoughts and feelings create
our attitudes, beliefs and perceptions.

The conscious mind is where we store our memories.
explicit or declarative. Declarative memories are memories
that we can manifest. They are the knowledge learned (called-
mined semantic memories) and the experiences lived throughout
life (episodic memories). Maybe you are a woman who grew up in
Tennessee and that you rode horses as a child until you fell off
and you broke your arm. When you were 10, you had a tarantula as a mas-
quote that escaped from the terrarium, that's why you and your family had to go
to sleep in a hotel for two days. You also won the award at the age of 14
spelling bee and now you never misspell a word.
You studied accounting at a university in Nebraska and in the ac-
Currently you live in Atlanta to be close to your sister (she works for
a large company), who is studying a master's degree online
finances. Declarative memories are the autobiographical self.

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THE MIND

and LOGIC
. REASONING|- or
and CREATIVITY

CONSCIOUS MIND - 5%

ANALYTICAL MIND

SUBCONSCIOUS MIND - 95%

* SKILLS

and HABITS

and EMOTIONAL REACTIONS

and PROGRAMMED BEHAVIORS

and CONDITIONED RESPONSES

and ASSOCIATIVE MEMORIES

and ROUTINE THOUGHTS AND FEELINGS
and ATTITUDES

and BELIEFS

and PERCEPTIONS

FIGURE 6.4

Summary of the conscious mind, the analytical mind, and the subconscious.

The other kind of memories we have are implicit or non-implicit memories. declarative memories, sometimes called procedural memories. This type of Memories come into play when you've done something so many times that you don't even You don't even realize how you do it. You've repeated it so often that now your body knows how to do it as well as your brain. As, for example, riding a bicycle, pressing the clutch in the car, tying your shoes ducks, dial a phone number or type a pin, or even read or talk. These are the automatic programs I've talked about with detail in this book. You could say that you no longer need to analyze the room

ability or acquired habit, not even thinking about it, because now it has become subconscious. It is the programmed operating system illustrated in the

MEMORY SYSTEMS

and KNOWLEDGE
and EXPERIENCE

Declarative Memories
(EXPLICIT)

ANALYTICAL MIND

NON-DECLARATIVE MEMORIES
(IMPLICIT)

Figure 6.5.

* YOU CONDITION THE BODY TO BE THE MIND
s SUBCONSCIOUS STATES

s REPEATED EXPERIENCES

+ EMOTIONAL REACTIONS

FIGURE 6.5

Memory systems are divided into two classes:
declarative (explicit) memories and non-declarative (implicit) memories.

When you have mastered something to the point that it has stuck in your memory-
in the mind and having emotionally conditioned your body,
This one knows how to do it as well as the conscious mind. You have memorized
an internal neurochemical order that has become innate. The reason is sen-
Cilla: These kinds of repeated experiences enrich neural networks

of the brain and are consolidated by also emotionally training the body
po. As soon as you express them neurochemically enough times a day
experience them, by simply accessing a thought or feeling
to the usual subconscious you activate the body and the automatic program co-
corresponding and you momentarily enter a certain state of the
being and this is the one that performs the automatic behavior.

How implicit memories come from the emotions produced
Based on experience, two possible situations explain how they are formed:
(1) A single episode with a great emotional charge is recorded and stored
in the act in the subconscious (for example, the childhood memory of
having gotten lost in a department store when you separated from your mother), or
(2) redundant emotions from constant experience
They are also stored in it again and again.

How implicit memories are part of the memory system
subconscious and are stored there when you live a repeated experience.
positive or with a great emotional charge, when feeling an emotion or a feeling
thought you are opening the door to your subconscious. Since the thoughts are
lies the language of the brain and feelings the language of the body,
As soon as you have a feeling you activate your body-mind (because your
body has become your subconscious mind). You enter the system

operational.

Think of it this way: when you feel a certain way, you
tual, you are subconsciously accessing a series of thoughts
derived from that specific feeling. You autosuggest yourself daily with
thoughts that are in line with how you feel. These are the thoughts you accept,
you believe and you let yourself be carried away by them as if they were true. You are mor
to let yourself be influenced by thoughts that exactly match
with the feeling you feel. That's why the thoughts you have in-
consciously are those that you accept, believe and follow again and again.

You could also say that you are much less likely to let yourself go.
suggest any thought that does not match your feelings
memorized thoughts. Any new thought that reflects a
unknown possibility will shock you. Every day you maintain a constant
internal dialogue (the thoughts you hear in your head every day)

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without realizing that it stimulates the autonomic nervous system and the proce-
You are biological, reinforcing the programmed feelings of who you think
be. Remember that in the study in Chapter 2 the researchers discovered
They found that optimistic people responded in a more favorable manner.
susceptible to positive and pessimistic suggestions, in a more
unfavorable to negative suggestions.

In the same way, if you changed how you felt, could you become
more suggestible to a new way of thinking? Of course!
feel a heightened emotion and let it create a series of thoughts
new, you are increasing your degree of suggestibility so you end up
you have to feel and then think. You enter a new state of being, and your
New thoughts will then be the autosuggestions equivalent to
those feelings. And when you feel emotions, you are activating your sys-
implicit memory and the autonomic nervous system. You can sim-
simply let the autonomic nervous system do what it does best
knows how to do: restore balance, health and order.

Wasn't this what many subjects did in the studies on the
placebos I mentioned earlier? Did they not manage to feel an ele-
vate as hope or inspiration, or the joy of being healthy? And in how much
They saw a new possibility without analyzing it at any time, those
thoughts influenced your degree of suggestibility. By feeling those
corresponding emotions, entered the operating system and reprogrammed
mared their autonomic nervous system with new orders—through the
thoughts—, autosuggesting themselves with thoughts similar to them.

Opening the door to the subconscious

The different degrees of suggestibility can be demonstrated visually-
mind showing the different thicknesses of the analytical mind. As much
the thicker the barrier between the conscious mind and the subconscious mind
you, the more difficult it will be to enter the operating system.

Take a look at figures 6.6 and 6.7, which represent two subjects
with different kinds of minds.

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MORE SUGGESTIVE
——

THIN ANALYTICAL MIND

FIGURE 6.6

A less analytical mind (represented in the illustration)
(due to the thinner layer) is more suggestible.

The person represented in Figure 6.6 has a thin veil between the
conscious mind and the subconscious and that is why it is very suggestible
(as happened to Ivan Santiago at the beginning of the chapter). These people
They naturally accept and believe in an outcome and surrender to it,
because they don't analyze or intellectualize it too much. By nature,
People of this nature are more likely to accept a thought
can become a possible experience and feel it emotionally-
mind so that this combination is recorded in the autonomic nervous system

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nome and materialize. Such people do not spend too much time in-
trying to understand their life and not giving things too much thought. If
Have you ever seen a hypnotism show, the spectators who
end up going on stage usually belong to this class of subjects.

LESS SUGGESTABLE

THICK ANALYTICAL MIND

FIGURE 6.7

A more analytical mind (represented in the illustration)
(due to the thicker layer) it is less suggestible.

Now compare it with Figure 6.7. If you look at the analytical mind
thickest that separates the conscious mind from the subconscious, you will see easily
easily that this person is less likely to accept any suggestion-

tion without first letting himself be guided to a certain extent by his intellectual mind
to evaluate, process, program and consider it. This class of subjects
They are extremely critical and make sure to analyze everything before making a decision.
to trust in something and to commit oneself to it.

Keep in mind that some people have a more analytical mind.
despite not living constantly spurred by our hormones
from stress. We may have studied different subjects at university
sity or had parents who reinforced the mechanisms of a men-
you were rational in our childhood, or maybe we are that way by nature.
(Although you can have a very analytical mind and learn at the same time
time to go beyond it—I have done so—or at least I hope so.)

As I have already said, this kind of mind is no better than the other.
The ideal is to maintain a healthy balance between both extremes. A subject
Too analytical will tend to trust others less and flow in the
life. And one who is too suggestible will be more prone to excessive
credulity and less practical. What I want to emphasize is that if you are
always analyzing your life, judging yourself and obsessing over everything
everything around you, you will never enter the operating system where they reside
old programs nor reprogram them. The door that separates the
conscious mind of the subconscious only opens when you accept, believe and
You follow a suggestion. This information then sends a signal to the system
autonomic nervous system and —presto!—, it takes control.

Now take a look at Figure 6.8. The arrow represents the movement
the movement of consciousness from the conscious mind to the subconscious
you, where the suggestion is biologically recorded in the programming system
information.

There are other elements that can also silence the analytical mind.
lytic and open the door of the subconscious to increase the degree of su-
manageability of one. For example, physical or mental fatigue
mind your suggestibility. Certain studies have revealed that during
sensory isolation, lack of social, physical and environmental stimuli
environmental hazards increase vulnerability. Extreme hunger, shocks
emotional and traumas also weaken our analytical faculties
making us more influenced by the information.

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_ BRAIN WAVES!
GOING BEYOND THE ANALYTICAL MIND

HIGH BETA
BETA MEDIA

LOW BETA

DEEP STATE
OF UNCONSCIOUSNESS

FIGURE 6.8

This figure represents the relationship between the state of brain waves and the movement of consciousness from the conscious mind to the subconscious, going beyond the analytical mind during meditation practice.

Demystifying Meditation

Meditation, like hypnosis, is another way to cross the mind analytically. lytic and enter the system of subconscious programs. The objective of Meditation is going beyond the analytical mind, to stop focusing on the outside world, the body and time, and focus on the inner world anterior of thoughts and feelings.

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The word meditation has been stigmatized. Most people When you hear about it, the image of a bearded guru comes to mind. meditating while sitting in perfect stillness on top of a mountain in- immune to the elements, or a monk with a robe on his face a mysterious smile of pure joy, or even a beautiful young woman in the cover of a magazine with porcelain skin, displaying a style- my yoga attire and a serene look, free from the slavery of the daily obligations.

When these images come to mind, meditation may seem like a seems to many to be impractical and too difficult, as if it were more

beyond our faculties. Or perhaps we see it as a practice
spiritual that does not fit with our religious beliefs. And some, ago-
changed by the infinite variety of meditations that are at our disposal
We are unable to decide where to start. But getting into it
It doesn't have to be so difficult or disconcerting. The point is that the
Meditation is designed to go beyond the analytical mind and
immerse ourselves in deeper states of consciousness.

In meditation we move from the conscious mind to the subconscious
and, at the same time, from selfishness to altruism, from being someone and something to r
being nobody or nothing, from being materialists to being immaterialists,
from being in one place to being nowhere, from living in time to living
in the timeless, of believing that the outside world is reality and defi-
nirrla with the senses to believe that the inner world is reality and that
Once we are in it, we enter the "meaningless" world of
mind beyond the senses. Meditation takes us from the super-
overcoming creation, from separation to connection, from imbalance
to balance, from a state of emergency to a state of growth and rege-
generation, and the limiting emotions of fear, anger and sadness
to the expansive emotions of joy, freedom, and love. Basic-
we move from clinging to the known to accepting the unknown.

Let's break it down a bit. If your neocortex is the seat of your mind
conscious and the place where you build thoughts, analyze things,
you exercise the intellect and execute rational processes, in this case to
To meditate, your mind must go beyond the neocortex (or leave it).

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You will have to move from the thinking brain to the limbic brain and to the regions
subconscious. That is, to silence the neocortex and the activity
neuronal that you do every day, you have to stop thinking analytically
and dispense with the faculties of reasoning, logic, intellectuality
zation, foresight, conjecture and rationalization, at least temporarily
really. “Quiet the mind” means this (if necessary, go back to
(see figure 6.1).

According to the neuroscientific model that I have explained in broad strokes
In the previous chapters, quieting the mind means that you would have to
declare a "ceasefire" in all automatic neural networks of the
thinking brain that you use every day. That is, you would have to stop remembering
give you who you think you are, so you would stop constantly reproducing
the same mental level as always.

I know it seems like a Herculean task that may overwhelm you-
ra, but apparently there are practical methods that have been scientifically proven
mind to undertake this feat and end up transforming it into a ha-
ability. In the workshops I teach around the world, many people
have ended up meditating wonderfully after learning how to do it. In the si-
In the following chapters you will learn these methods, but first you must au-

set your intention so that when you get to the practical part you will get-
gas bigger rewards (like the Quebec participants of the
Chapter 2 to those who were told that aerobic exercises in addition to
serve them to get in shape, would increase their well-being, so that the
activity made more sense to them, which led them to better results
results).

Why meditation can be a big challenge

The analytical neocortex uses the five senses to determine the
reality. She is very absorbed in the body, the environment and time. And if it is-
If you are stressed, even a little, you will notice these three elements and
You will increase them by investing your attention in them. When you are pressured-
by the fight or flight emergency system and activate your adrenaline

Na, like a wild animal that feels threatened, you focus all
your attention on taking care of your body, on finding ways to escape from your surroundir
around and find out how much time you have left to save your skin.
You focus too much on problems, you obsess over your appearance, you con-
You focus on your pain, you think about how little time you have for what
you have to do and you rush to meet your busy schedule. Does that sound familiar?
familiar?

As when you live in a state of survival you turn so much
In the outside world and your problems, it's easy to believe that what you see and
you experience is all there is. And without the outside world you feel like you are not
You are nothing, no one, and you are nowhere. How terrifying it is
This is for an ego that tries to control all its reality by reaffirming
constantly an identity!

You might find it easier if you remind yourself that when you vi-
you see in a state of survival what you perceive is nothing more than the punc-
iceberg: a series of limited elements that make up your world
exterior. You identify with the numerous variations and combinations
of your external world that reflect who you think you are, but it does not mean
that there is nothing more than that. In reality, every time you learn something new
Your way of seeing the world changes. But it is not the world that has changed.
changed, but your perception of it. (In the next chapter you'll learn more
things about perception.)

For now you just need to keep in mind that if your goal is
change something in your life and you haven't yet achieved it with the resources
of your outside world, in this case you must look beyond the limits of
what you see, feel, and experience to find the answers. You have
that you have to resort to other means that you have not yet identified and that reside ir
the unknown. In this sense, the unknown is not your enemy, but

your friend. It's where you'll find the answers.

Another reason why we find it hard to stop focusing on the conditions
tions of the outside world to focus on our inner world is
that most of us are addicted to stress hormones, to feeling the to-
stream of chemicals generated by our constant reactions
conscious and unconscious. This addiction reinforces our idea that the

The outside world is more real than the inside. And our physiology is
conditioned to sustain it, because there really are challenges, pro-
problems and situations in life that require our attention. That's why
We become addicted to the external environment. And through memory
associative, we use the problems and circumstances of our lives
to reaffirm this emotional addiction in order to remember who we believe in-
we must be.

Another way to explain it is that the stress hormones that are released-
when we live in a state of survival, they give the body some
large doses of energy and make our five senses - which
connect to external reality—become more acute. If we are constantly
stressed, we end up defining reality with our senses.
we become materialistic. When we try to look inside ourselves and
Connecting with the world of "nonsense" and the immaterial is difficult for us.
letting go of our conditioned habits and our addiction to the chemical high
monkey generated by external reality. How could we then believe
that thoughts are more powerful than three-dimensional physical reality
sional! If that's how we see it, changing anything with the thoughts-
ments becomes a great challenge, because we have become slaves
of our body and our environment.

Perhaps an antidote to this would be to reread the stories in chapter 1 and
those of my workshops that I narrate in chapters 9 and 10. Knowing information-
new information that shows you that what you saw as impossible is in reality
possible reality helps you remind yourself that reality is not just
what your senses perceive. Whether you are willing to admit it or not,
If not, you are your own placebo.

Travel with your brain waves

If meditation consists of entering the autonomic system in order to be able to
become more suggestible and overcome the challenges I just mentioned,
In this case you need to learn how to enter this system. The most
brain waves are fast because they take you to it. The cerebral state

The environment in which you find yourself greatly influences how suggestible you are.
you can be at that moment.

As soon as you discover what these different states are and how they can
By recognizing them, you will learn to move from one state to another, in both di-
brain wave scale directions. Naturally it is a question of
practice, but it is possible. Let's look at these different states
to learn more about them.

When neurons fire together, elements are exchanged
charged with electricity that generate electromagnetic fields, and is-
These fields are what a brain scanner (like an electron) records.
encephalogram or EEG). Humans emit several frequencies
measurable brain wave frequencies and the slower they are, the
the deeper we dive into the inner world of the subconscious
cient. In order from slowest to fastest frequency.
ask, the different states of brain waves are delta (sleep
deep and restorative, totally unconscious), zeta (twilight state)
cular between deep sleep and the waking state), alpha (crea-
tive and imaginative), beta (conscious thoughts) and gamma (static
two elevated consciousness).

Beta is our everyday waking state. When we find ourselves
in beta the thinking brain, or neocortex, is processing the
sensory information that we capture and connect to the outside world
with the interior to give a sense of the situation. Beta is not the best
state to meditate because when we emit this frequency the mund-
The exterior seems more real to us than the interior. The spectrum of the waves
beta is composed of three levels: low beta (relaxed and in-
interested, like when we read a book), medium beta (attention
focused on an external stimulus, like when we learn something and
then we remember it), and high beta (very intense attention and in a
state of crisis, when we release stress chemicals).
The higher the beta waves, the more difficult it will be for us to enter the system.
operational theme.

Most days we live passing from the beta state to the alpha state and
vice versa. Alpha is our state of relaxation, when we least notice

we take in the outside world and begin to focus more on the inter-
ior. It means that we are in a slight meditative state, also
It could also be called "imagining" or "daydreaming." In this state
Our inner world is more real than the outer one because we are ab-
sorted into it.

When we move from the high beta waves to the lower waves of

alpha, a state in which we can pay attention, concentrate and
focus in a more relaxed way, we automatically activate the
frontal lobe. As I've already explained, the frontal lobe lowers the volume
in the brain circuits that process time and space. In that
moment we no longer live in a state of survival, but in a state of
more creative state that makes us more suggestible than when we
we found in beta.

An even bigger challenge is learning to enter the zeta state, a state
a kind of twilight state in which we find ourselves half awake and
half asleep (often described as "mind awake, body awake")
asleep). It is the ideal state for meditation, since it is the frequency
brain wave zone in which we are most suggestible. In the
tado zeta we can access the subconscious because the analytical mind
is not active, we find ourselves mostly in our inter-world
prior.

Consider zeta waves as the key to entering the realm of the sub-
conscious. Take a look at Figure 6.8 first. It shows the dis-
different brain wave states and how they relate to the mind
conscious and subconscious. And then look at Figure 6.9, which illustrates
the different frequencies of brain waves.

This brief tour of brain wave patterns will help you
ravilla when you learn the meditation practice that I describe further
forward. Keep in mind that learning how to enter the zeta state takes its
time, although it will help you to know a little about the different states
two brains and the effects they produce on what you are trying to do
reach.

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BRAIN WAVES

0.0 0.2 0.4 0.6 0.8 1.0
FIGURE 6.9

The illustration shows the different brain wave states (over the course of
of one second). Gamma brain waves have been included because they represent
a level of superconsciousness that reflects a very high state of consciousness.

Suggestibility 199

Anatomy of a <murder>

Let us now return to the story of Ivan Santiago and the other subjects under hypnosis at the beginning of the chapter. It is evident that it is easier for them that most of us ignore the analytical mind.
Apparently they have both neuroplasticity and plasticity.
emotional that allows them to make their inner world more real than the outside. In the normal waking state, your mind probably spends more time in alpha and beta, so they have fewer stress hormones in the body that cause them to lose homeostasis. Their extremely state Suggestible makes it easier for them to control with their minds autonomous functions of your subconscious.

However, this study revealed that not all participants had had the same degree of suggestibility. The 16 subjects who passed the first evaluation were suggestible, although not as much as those who They passed the following test of stripping naked in the middle of a restaurant- you after receiving the posthypnotic suggestion, going against the roots- social norms. The four who passed the test managed to go further beyond his social environment due to his high degree of suggestibility, but in When they had to get into the icy water, three of the four subjects They failed to transcend their physical environment.

Only Santiago, who surpassed him by mastering his body in conditions extremes over a prolonged period of time, demonstrated the degree highest level of suggestibility. In addition to withstanding the icy tempera- bathwater, went beyond his moral environment by accepting the posthypnotic suggestion of shooting a "foreign dignitary", Although his personality was not even remotely that of a ruthless killer, given.

For the placebo effect to occur, a certain degree of pa- a source of suggestibility that allows you to go beyond the body and the environment for a certain period of time, that is, for accept, believe and follow the idea that your inner world is more real than the outside. But after reading a few more chapters, you'll not only learn to change your beliefs and become more suggestible, but also to

use that state to program your subconscious, although fortunately- mind not with the intention of shooting with a compressed air revolver pressed into a double, but to overcome any physical problems, traumas emotional or other personal matter that you are dealing with

struggling.

7

Attitudes, beliefs and perceptions

A 12-year-old Indonesian boy, staring into space, opens his mouth and
He gladly accepts the pieces of glass that some people in the town give him.
Crowd gathered in a Jakarta park to watch "kuda lumping",
a traditional Javanese dance performed in a trance state. The boy
He chews the glass and swallows it like a handful of popcorn or
of cookies without suffering any harm. This young man from the third generation of
The Kuda Lumper has been ingesting glass in other spec-
similar mystical taccules. He and 19 other members of this group of
traditional dance recite a Javanese spell before each performance,
summoning the spirits of the deceased to reside in one of
them during the dance of that day and protect them from pain.'

The boy and his fellow dance group members are, in certain aspects,
cough, like the snake-handling preachers of the region of
the Appalachians described in the first chapter and that upon receiving the anointing
of the spirit begin to dance enthusiastically around the pulpit with
poisonous snakes coiled around his arms and shoulders.
dangerously close to the face, are apparently immune to the venom of
their bites. The dancers also resemble the members
of the Sawau tribe of Fiji, on the island of Beqa, who walk for hours
unfazed on previously heated white stones
on a large pyre of wood and embers, a faculty that according to an ancestor
the tribe's god received it from a god and later transmitted it to his descendants.
descendants.

The boy who eats crystals, the preachers who handle snakes-
you and the Fijians who walk on fire do not stop to think even if-

want for a moment: Will it work for me this time? No one feels a
hint of hesitation. The decision to chew glass, pick up copperheads,
zas or walking on hot stones transcends your body, the environment
and time, so their biology changes to allow them to do the im-
possible. Their unwavering faith in the protection of their gods prevents them
dude.

The placebo effect is similar because deep-rooted beliefs also
They are also an essential component and yet this element is not
has analyzed too much, since at the moment in the investigations
on the mind-body connection most scientific studies
have only analyzed the effects of placebos rather than the cause. Tan-
to whether the change in our inner state is due to faith in healing,
to conditioning, to the release of repressed emotions, to the belief-
cia in symbols or a particular spiritual practice, the pre-
The question remains unanswered: what has happened to create such disturbances?
deep in the body? And if we find out what causes them, can we

grow them?

Where our beliefs come from

Our beliefs are not always as conscious as we think.
We may feel like accepting an idea, but if deep down we don't believe it,
We hope that it is possible, our acceptance will be nothing more than an in-
intellectual. For the placebo effect to occur you have to change what
what you believe about yourself and what is possible regarding your body and your health
lud, you must understand what beliefs are and where they come from.
Suppose a person suffering from certain symptoms goes to see
to the doctor and he diagnoses him with an illness based on his con-
objective conclusions. The doctor gives you the diagnosis and prognosis, and
provides treatment options based on the results
As soon as the patient hears the doctor say "diabetes,"
"cancer", "hypothyroidism" or "chronic fatigue syndrome" come to mind
the head a series of thoughts, images and emotions based on

your past experiences. For example, maybe your parents suffered
got the disease, saw a movie on TV in which one of the
characters were dying because of it, or even read something on the Internet that
made the diagnosis frighten him.

As soon as the patient sees the doctor and hears his professional opinion,
automatically accepts the disease, believes what that doctor so se-
self-confidence tells him, and then he gives himself over to the treatment and the results
states, and does so without analyzing it at all. The patient is left
suggestible (and is vulnerable) to what the doctor tells him. If he accepts
then the emotions of fear, worry and anxiety, and also
well sadness, the only possible thoughts you will have (or self-sufficient)
actions) will be those that are equivalent to how you feel.

Although the patient tries to have positive thoughts about that
will eventually heal, your body will still feel bad because it has received
received the inadequate placebo, which produced a state of being
inadequate, the signaling of the same genes and the inability to see
or perceive any new possibility. You will be at the mercy of your beliefs
(and the doctor's) about the diagnosis.

When people like those who appear in the following chapters
They cured themselves with the placebo effect, what did they do differently?
Firstly, they did not accept the irrevocability of the diagnosis, pro-
diagnosis or treatment. They neither believed in the most likely outcome nor in the
future destiny that the doctor summarized for them in an authoritative manner. Neither
They also did not follow the diagnosis, prognosis or suggested treatment.
rid. Having a different attitude than those who did accept, they believed

and they followed what the doctor told them, they experienced a different state of being.

They did not allow themselves to be influenced by the doctor's advice or opinions. co, because they didn't feel terrified, victimized, or sad. Instead They were optimistic and enthusiastic, and these emotions produced in them They gave them a new set of thoughts which in turn allowed them to see new you have possibilities. As they had different ideas and beliefs about what was possible, they did not condition the body to suffer the worst imaginable situation- ginada, nor did they expect the same predictable outcome as people who

had received the same diagnosis, nor did they assign the same meaning to it. unlike the rest who had the same disease. And when assigned give a different meaning to their future, they had a different intention tion. They understood the function of epigenetics and neuroplasticity, Hence, instead of passively seeing themselves as victims of the disease, dad, they will use that knowledge to become proactive, stimulated for what they learned in my workshops and courses. That's why they reaped some different and better results than those of other patients with the same diagnosis, just as the hotel cleaners obtained better results after researchers gave them more information tion.

Now think of an ordinary person who receives a diag- diagnosis and immediately announces: "That disease will not defeat me!" Someone may not accept the illness and the result that the doctor tells them. communicates, but the difference is that most people have not really changed his belief about not being sick. To change a belief is necessary to change the subconscious program, since A belief, as you will soon learn, is a subconscious state of being. patient.

People who try to change something in their lives just by thinking conscious you never leave your usual state to reprogram your genes, because they don't know how to do it. That's why they don't get cured. They are inc paces of surrendering to the possibility, since it is impossible for them to let go- be suggested by anything other than what the doctor tells them I say.

Is it possible for a person not to respond to treatment or remain ill? but for living daily in the same emotional state, accepting, believing- and following the medical model without analyzing it, based on attitude of millions of people doing exactly the same thing? Is it the medical diagnosis of our modern times is not equivalent in reality licity to a voodoo curse?

I would now like to analyze beliefs a little more, but first I want to point out that when you have a series of thoughts and feelings

ments until they become habitual or automatic, you are creating

Attitudes, beliefs and perceptions 205

an attitude. And since what you think and feel produces a state of being,
Attitudes are nothing more than shorter states of being. They can vary
from one moment to the next as your thoughts and feelings
change. Any attitude can last for minutes, hours, days or even
one or two weeks.

For example, if you have a series of good thoughts related to a
series of good feelings, you can say: <Today I have a good acti-
tud". And if you have a series of negative thoughts related to a series
of negative feelings, you can say, "I have a bad attitude today."
If you have the same attitude enough times, it becomes automatic.

If you repeat or maintain certain attitudes long enough and
some, end up generating a belief. A belief is nothing more than a
most enduring state of being, beliefs are basically thoughts
coughs and feelings (attitudes) that you keep having and feeling over and over again
time until they are recorded in your brain and then condition emotionally-
mind to your body. You could say that you have become addicted to them,
that costs you so much to change them and you feel an emptiness in your stomach when
you see them in danger. As the experiences have been neurologically recorded
you in your brain (generating your thoughts) and they have expressed themselves chemically
mically as emotions (generating your feelings), most
of your beliefs are based on your memories of the past.

When you have the same thoughts over and over again when thinking and
analyze what you remember from the past, those thoughts activate and re-
force automatic unconscious programs. And if you have the same
We have feelings based on past experiences and you feel the same
that you felt when they happened to you, you are conditioning the body to be
subconsciously the mind of that emotion, and will be living uncon-
recently in the past.

And if the repetition of what you think and feel over time conditions
your body to become your mind, and you end up subconstructively programming it
consciously, in this case beliefs are states of the subconscious being
and unconscious from the past. And they are also more durable.
like attitudes, they can last for months or even years. And as they last
more, they are programmed more strongly in you.

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Something happened to me in my childhood that stayed with me and that I imagined
This question is a wonder. I grew up in an Italian family and
When I was in fourth grade, we moved to another city with people

both of Italian and Jewish origin. That year, on my first day of school,
The teacher told me to sit in a group of six desks together
with three Jewish girls. It was the day I was given the news that Jesus
I wasn't Italian. It was one of the most memorable days of my life.

When I came home in the evening, my short Italian mother kept on talking to me.
ask me how my first day of school had gone, but I refused
I managed to answer her. After ignoring her again and again, holding on
arm in arm he insisted that I tell him what was wrong with me.

"I thought Jesus was Italian!" I exclaimed angrily.

"But what are you saying?" he replied. "Jesus is Jewish!"

—+Jewish? —I said. —It can't be! In all those photos he looks like
Italian! And besides, Grandma speaks to her in Italian all day long. And
What about the Roman Empire? Isn't Rome in Italy?

The belief I had—that Jesus was Italian—was based on my
past experiences and what I thought and felt about Jesus had been con-
poured into a state of automatic being. It took me a while to let go
This belief, because it is not easy to change them when they are so deeply rooted.
Although needless to say, I did it.

Let's now analyze the concept a little further. If you combine
a series of related beliefs form your perception. That is, your
perception of reality is supported by a state of being based on the
beliefs, attitudes, thoughts and feelings that you have had during
you a lot of time. And how your beliefs become states of being
subconscious and unconscious (i.e. you don't even know why you believe
certain things, or you don't notice your beliefs until you analyze them), the ma-
most of your perceptions—your way of seeing things subjectively—
you— become the subconscious and unconscious vision of your reality
dad of the past.

In fact, as certain scientific experiments have revealed, you do not
you don't see reality as it is, but you fill it without realizing it with your re-
memories from the past, which is what has been neurologically recorded in your

brain? When perceptions become implicit or non-descript
clarifying (as I pointed out in the previous chapter), they become self-
matic or subconscious, that is to say that you are always automatically
altering reality subjectively.

For example, you know your car is yours because you have driven it.
many times. You have the same experience of it every day because you hardly
changes. You think and feel the same way about him every day. Your attitude about your
car has created a belief about it which in turn makes you perceive

your vehicle in a certain way, such as that it is a
good car because it almost never breaks down. And even if you accept automatic
This perception is actually a subjective perception, since
that another person may have a car of the same make and model
which, however, always spoils, so it will have beliefs and per-
different perceptions than yours about the same vehicle, based on its
personal experience.

In fact, if you're like most people, you probably don't.
You look at various aspects of your car until one fails. You hope that
May it work for you as it did the day before and may it continue to do so in the future
as it has done in the past, the day before and the ones before it,
This is your perception. But when it doesn't work well for you, you have no choice
remedy than paying more attention to it (such as listening to the sound of the engine
in more detail) and be aware of unconscious perception
that you have of your car.

As soon as the perception of your car changes because it no longer works
As before, you perceive it differently. The same thing happens with the
relationships you have with your partner and your coworkers,
with your culture and your race, and even with your body and your pain. In fact
It is the way most perceptions about the world work.
reality.

Therefore, if you want to change an implicit or subconscious perception,
patient, you must become more conscious and less unconscious. Pay attention
more attention to all aspects related to you and your life in
those you don't pay much attention to. Better yet, you must become aware, be
more attentive and notice what you weren't aware of.

But it is not easy to do so, because if you live the same reality over and over again
time, your way of thinking and feeling related to your current world follows-
will create the same attitudes, and these in turn will inspire the same
beliefs, which will generate the same perceptions (as illustrated in the
Figure 7.1).

HOW BELIEFS AND PERCEPTIONS ARE FORMED

STATE OF BEING

THOUGHTS + FEELINGS
AND

ATTITUDES

THOUGHTS + THOUGHTS, THOUGHTS
FEELINGS FEELINGS FEELINGS
TO,

BELIEFS

ATTITUDES + ATTITUDES + ATTITUDES
p ———AAÓ————————————

PERCEPTIONS

BELIEFS + BELIEFS + BELIEFS

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YEARS / DECADES / ONE'S WHOLE LIFE

FIGURE 7.1

Your thoughts and feelings come from memories of the past.
When you think and feel a certain way, you begin to create
an attitude. An attitude is a cycle of thoughts and feelings
short-lived, experienced over and over again. Attitudes are states
of being short. If you combine a series of attitudes, you create a belief.

Beliefs are more enduring states of being and tend to become
subconscious. When you put several beliefs together, you create a perception.
Your perceptions have to do with the decisions you make, the behaviors you
that you manifest, the relationships you choose, and the realities you create.

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When your perception becomes so natural and automatic that you don't
you focus on how reality is (because you automatically expect everything
continue as usual), you are accepting and admitting in an uncon-
aware of this reality, which is what happens to most people who
unwittingly accepts and admits what the conventional medical model
tells them about a diagnosis.

The only way to change your beliefs and perceptions to create
A placebo response is a change in your state of being. You have to see why
end your old and limited beliefs as what they are —recordings of the
past—and be willing to let go of them to accept new ones
about you that will help you create a new future.

Change your beliefs

Ask yourself: "What beliefs and perceptions about me and my
life I have been accepting without realizing it in order to change and create
this new state of being?" is a question you need to reflect on.
look closely because, as I have already pointed out, we are not even
aware of many beliefs that we take for granted.

We often accept certain information from the environment that "bombs" us.
bea» to accept certain beliefs that may or may not be true.
In any case, as soon as we accept them, they affect not only our
performance, but also to the decisions we make.

Do you remember the study in chapter 2 about the young women who before ha-
Taking a math test, they read some fake scientific reports
about men being better at math than women?
Those who read that the advantage was due to genetics, got a score of
lower than those who read that it was due to stereotypes. Although
Both reports were false—men are no better at math.
cases than women—the young women in the group who read that they had a
genetic disadvantage, they believed it and then got a lower score-
tion on the test. The same thing happened to white students who
that they were told before taking the test that Asians got better results

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somewhat better at math than whites. In both cases, when
The students "pumped" them into unconsciously believing
that they would not get a good score in math, they ended up su-
giving in, even though what they had been told was completely false.

With this in mind, take a look at the following list of al-
some common limiting beliefs and notice which ones you may harbor
without you even noticing:

I'm a dud at math. I'm shy. I have a bad temper.
I'm not smart or creative. I'm a lot like my parents. Men-
Men don't cry or are vulnerable. I'll never have a partner. Women
are inferior to men. My race or culture is superior to the
others. Life is a very serious subject. Life is very difficult and everyone
The world is going its own way. I'll never succeed. To succeed in life
I have to work hard. Nothing good ever happens to me. I don't have any good-
luck. Things never go the way I want them to. I always go
short on time. My happiness depends on others. When I get
what I want will be happy. It is difficult to change reality. Reality is
a linear process. Germs make me sick. I gain weight easily-
mind. I need eight hours of sleep. My pain has become chronic and
It will never disappear. My time is running out. There is a ca-
non of beauty and that's it. Having fun is frivolous. God is in the
exterior. Since I'm a bad person, God doesn't like me...

I could go on and on quoting phrases, but now you know what I mean.
I mean.

As beliefs and perceptions are based on past experiences,
do, any of those beliefs that you hold about yourself come from your past.
So are they real or did you imagine them? Although at one point
of your life were real, they don't have to continue being so now.

But we don't see them this way because we are addicted to our
beliefs, to the emotions of the past. We see them as truths and not
as ideas that we can change. If we have strong beliefs about
something, even if we had proof right in front of our noses that they are false-

sas, we would not see it, because what we perceive is totally different. In
In reality we have conditioned ourselves to believe in all kinds of things that are not
are always true, and many have a negative effect on our health
lud and in our happiness.

Certain cultural beliefs are a good example of this. Do you remember?
the voodoo curse story from chapter 1? The patient was convinced
that he was going to die from the curse of a voodoo priest. The spell-

zo worked only because he (and other people of his same culture)
They believed in voodoo, but what had actually put the curse on him was not.
It was not voodoo, but his own belief.

Other cultural beliefs can cause premature deaths. For
For example, Chinese Americans who were born in a year
which in Chinese astrology and medicine is considered to bring bad luck,
When they have a disease, they die five years earlier, according to researchers.
researchers from the University of California at San Diego, who studied the
reports of deaths of nearly thirty thousand Americans of origin
Chinese. The effect was stronger in those most attached to traditions and
Chinese beliefs and the results are also seen in virtually all
given the important causes of death studied. For example, the Chinese-
Americans born in the years linked to the tendency to get sick
sea by lumps and tumors, died of lymphatic cancer at an age in which
who were four years younger than Chinese-Americans born
in other years or than Americans with similar cancers.

All these examples show that we are suggestible only by
what we believe to be true consciously or unconsciously. A
An Eskimo who does not believe in Chinese astrology is as little inclined to
being influenced by the idea that you are vulnerable to a certain disease
for being born in the year of the tiger or the dragon, as would be a
Episcopalian to the idea that a voodoo priest's curse could
kill him.

But as soon as any of us accepts and believes in a result
and gives himself over to it without realizing it or without analyzing it, he lets himself
that particular reality. In most people this type of belief-
cies, implanted in the subconscious system beyond the conscious mind

patient, is what causes the disease. So now I will ask you another
Question: How many personal beliefs based on cultural experiences
rales you have that maybe are fake?

Changing beliefs may be difficult, but it is not impossible, just
Think about what would happen if you questioned your unconscious beliefs.
What if instead of thinking and feeling I never have enough time to do
everything I must do, you will think and feel I live in timelessness and I can
do everything I should do? What if instead of believing The universe has
conspired against me, you would believe The universe supports me and acts in my favor
favor? What a great belief! How would you think, live, and walk through the
street if you believed that the universe supported you? What do you think would be
Would this change in your life?

When you change a belief, start by accepting that it is
possible, then change your energy level with the elevated emotion of which
I've talked about it before and finally, let your biology reorganize itself. It doesn't ma

You need to think about how or when this biological reorganization will occur, since then you would activate the analytical mind, with which you would enter the es- beta state where you are less suggestible. Instead, take simple- mind a decision firmly. And as to the extent or energy of this decision is more powerful than the programs recorded in your brain and that the emotional addiction of your body, you will have gone beyond the past, your body will respond to the new mind and you will be able to create real change.

You already know how to do it. Think of a time when you decided you wanted to change something about yourself or your life. Surely there was a time when the one you said to yourself: I don't care how my body feels! Nor what is happening in my life [environment]! And I don't care how long it takes to get- I'll do it! I'll do it!

You instantly got goosebumps because you entered a s ta- altered state of being. As soon as you felt this energy, you began to send it your body with new information. You felt inspired and stepped out of your habitual state of being, because through thoughts your body went from living in the same old past to living in a new future. In reality, your body stopped being the mind and you became it. You changed a belief.

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The effects of perception

Like beliefs, our perceptions of personal experiences situations—whether positive or negative—directly affect our state state of the subconscious being and our health. In 1984, Gretchen van Boe- Mel, at that time Associate Director of Clinical Electrophysiology at the Doheny Eye Institute in Los Angeles, revealed an astonishing example of This is due to the warning of a disturbing trend among Cambodian women. who were sent to him as patients. Those women were all between 40 and 60 years old, lived near Long Beach, California (place known as Little Phnom Penh for its nearly fifty thousand residents Cambodians), were experiencing serious visual problems, such as blindness ra, in an abnormally high proportion.

Physically, the women's eyes were healthy. Dr. Van Boemel gave them brain scans to assess how well they were how the visual system worked and compared the results with its ability visual. He found that all had normal visual acuity, often 20/20 or 20/40, but when they tried to read an eye chart, Their vision was zero. Some of the women could not capture the light and neither not even any shadow, even if physically his eyes were per- exactly.

When Dr. Van Boemel decided to work with Patricia Rozée de California State University Long Beach to research those

women, they discovered that those with worse vision had been there
most of his life living in the Khmer Rouge era or in
refugee camps when communist dictator Pol Pot was in power
power.* The genocide perpetrated by the Khmer Rouge was responsible
of the deaths of at least 1.5 million Cambodians between 1975 and 1979.

Among the women studied, 90 percent had lost weight
During that time, members of his family (some of them even
ten), and 70 percent had been forced to see their loved ones—
sometimes even the entire family—being brutally murdered. «Those—
"The women saw things their minds could not accept," Rozée said in
Los Angeles Times? Their minds just shut down and they refused to see.

Anything else: any other death, torture, rape and state of
starvation plus.

A woman was forced to watch as her husband and her children were killed.
four children and went blind instantly. Another had to witness a
Khmer Rouge soldier brutally beating his brother and his three so—
babies to death, including a three-month-old who was stamped
against a tree several times until he finished it off. After seeing all
These atrocities began to lose his vision.* These women also suffered
They suffered physical abuse, hunger, unspeakable humiliation, abuse
sexual abuse, torture and twenty-hour days of forced labor. Even
that they were now safe, many of them told researchers
who preferred to stay home, where they couldn't help reliving the re—
reminded of the atrocities again and again in their recurring nightmares and
in the horrible thoughts that came to their heads.

After documenting a total of 150 cases of psychosomatic blindness in
Cambodian women of Long Beach—the largest known group of
this kind of victims around the world—, Van Boemel and Rozée present—
presented their research at the annual meeting of the Psychological Association
American ca in Washington, DC The audience was fascinated.

The women in this study did not become blind or nearly blind from
some eye disease or physical problem, but because the scenes vi—
lives impacted them to such an extent emotionally, that they literally
"They cried until they could no longer see anything."? The great emotional impact of
Being forced to witness the unbearable made them not want to see it.
world ever again. The traumatic scenes produced physical changes in them
physical in their biology—not in their eyes, but most likely it was
in his brain—, which changed his perception of reality for the
rest of his life. And as he couldn't stop reliving them in his mind,
and again, his vision never improved.

Although it is an extreme example, it is most likely that our experiences
traumatic experiences from the past also produce similar effects on us.

If you have vision problems, what have you decided not to see for the painful or terrifying experiences you had in the past? And if you have hearing problems, what are you not willing to hear in your life?

Attitudes, beliefs and perceptions 215

Figure 7.2 illustrates how this happens. The line in the table reflects a relative measurement of a person's state of being. It begins more or at least at a normal or basic level, before the incident occurs. When the line suddenly rises, it indicates a strong emotional reaction to an episode, like when those women lived through the atrocities of the Khmer Rouge soldiers. The horrific experience was recorded neurologically. gically in his brain and chemically changed his body, and also your state of being: your thoughts, your feelings, your attitudes, your beliefs and, finally, their perceptions. As these women decided They were never going to see the world again, but their biology reflected this by creating neurological networks and sending new chemical signals.

HOW AN EXPERIENCE CHANGES YOU BIOLOGICALLY

EXPERIENCE

- CREATE NEUROLOGICAL NETWORKS
AND ENRICHES THE BRAIN

* CHANGES THE EMOTIONAL BODY
AND CHEMICALLY

* THE BODY NOW LIVES IN THE PAST

BELIEFS AND PERCEPTIONS ARE FORMED FROM THOUGHTS
AND FEELINGS FROM THE PAST, AND THEY END UP BECOMING
IN A STATE OF BEING

FIGURE 7.2

An experience with a great emotional charge lived in external reality
It is recorded in the brain networks and emotionally marks the body.
That's why the brain and the body live from then on in the past.

and the incident alters our state of being and our perception from reality. We no longer have the same personality.

Although the line on the graph eventually descends and stabilizes, it does not
recovers the same level from which it began to rise, which indicates
that the experience has changed that person chemically and neurologically-
mind. At that point, Cambodian women began to live in the
past, because they were still conditioned by the neurological and chemical mark
mica that the experience left them. They were no longer the same women, the inci-
tooth had changed their state of being.

The power of the environment

It's not enough to change your beliefs and perceptions. You must also strengthen
change again and again. To see why this is so, I will talk again about the pa-
Parkinson's patients whose motor skills improved after receiving a
saline injection believing it to be a powerful medicine.

As you may recall, as soon as his health improved, his nervous system
autonomous began to reflect this new state by releasing dopamine in
their brains. It didn't happen because they expected or wished their body would elaborate
dopamine nor by praying for it, but because they became people
that produced dopamine.

Unfortunately, the effect is not seen everywhere. In fact, some
For some, the placebo effect only lasts for a certain time and then they return.
be the same as always, they recover their former state of being. In the
case of Parkinson's patients, when they returned home and saw
to their caregivers, to their partners, slept in the same bed, took
the same food, sat in the same living room and maybe played
playing chess with the same friends who complained about their ailments, their
their usual surroundings reminded them of their former personality and state of being.
As all these conditions of their family life reminded them who-
nes were before, they regained those identities and their various pro-
motor problems reappeared.* They re-identified themselves with their surroundings.
No. As you can see, the environment is extremely powerful.

The same thing happens to drug addicts who have been without a drug for many years.
use drugs. If you put them back in the same environment they were in

They took drugs, even if they didn't use any drugs, just to be in that
environment, the same receptor sites that ac- are already activated in their cells
activated the drugs, and this creates physiological changes in their bodies such as
if they get high and their desire to consume them increases. ° Their mind cannot do it

to control. It's automatic.

Let's analyze this concept a little further. You have learned that the
conditioning process creates intense associative memories.
'You have also learned that associative memories stimulate func-
subconscious and automatic physiological reactions by activating the nervous system
so autonomous. Think again of Pavlov's dogs. As soon as they con-
conditioned so that they would associate the sound of the bell with food,
body changed physiologically immediately without the conscious mind
could control it. The stimulus of the environment was what (through re-
associative chord) changed automatically, autonomously, subcons-
cient and physiological internal state of the dogs. They began to salivate and li-
They would shed gastric juices as they waited for the reward. Their minds
conscious was not the one who did it, but the stimulus of the environment that activated i
the associative memory from the conditioned response.

Let's now return to Parkinson's patients and drug addicts.
You can say that as soon as one of those people returned to his environment, he
habitual, his body automatically acquired the old state of being and
physiological without the conscious mind being able to control it. In reality, the
ancient state of being that has been thinking and feeling in the same way for years and ye
same way has conditioned the body to become mind. That is, the
body is the mind that responds to the environment. Therefore, anyone who is in-
find yourself in this kind of situation and it is very difficult for you to change.

And the greater the addiction to the emotion, the greater the response.
conditioned to the stimulus of the environment. For example, let's say you are
addicted to coffee and want to stop being one. If you stopped by my house and I was...
I saw her preparing a coffee, hearing the noise of the coffee maker, smelling the aroma
that I said goodbye to and see how I took it, the following would happen to you: as soon a
all your senses will capture those stimuli from the environment, your body, like
mind, would respond subconsciously and automatically without your
conscious mind could avoid it because you would have conditioned your

body to react like this. Your body-mind yearning to receive its reward
physiological thinking would fight against your mind to convince you that you
you will take a sip or two of coffee.

But if you had really overcome your coffee addiction and I was pre-
If a cup were to stand in front of you, you could decide whether to drink it or not withou
problem, because you wouldn't experience the physiological response that I just
to describe. You would no longer be conditioned (your body would have stopped
be the mind), and the associative memory of your environment would no longer produce you
the same effect.

The same thing happens with emotional addictions. For example, if you have
memorized a feeling of guilt from your experiences
past experiences and now you live with that feeling every day without realizing it,

Like most people, you will use someone or something
your external environment to reaffirm your addiction to the feeling of guilt.
No matter how hard you try to get over it, as soon as you see your mother (who used to hav
(make you feel guilty) in the house where you grew up, your body will return to ma-
automatic, chemical and physiological to the same state of guilt
from the past at that precise moment without you realizing it. Your body, in
the one who has subconsciously programmed a feeling of
guilt, is at that moment living in the past. Hence,
It is more natural for you to feel guilty when you are with your mother in trouble.
to feel any other emotion. And just like what happens to a drug-
addict, the conditioned response has altered your inner state by the
association you have made with your present-past external reality. But
If you overcome your addiction to guilt by changing your sub-programming
conscious, even if you are in the same conditions, that reality of the pa-
sado will no longer take place in the present.

Researchers at Victoria University of Wellington in New
Zealand, examined the effect of the environment on a group of 148 students.
university students who were invited to participate in a study conducted
in a bar-like environment." Researchers told a
half of the group would be given vodka and tonic, and the other half would be given-
They only laughed at tonic. In fact, the waiters didn't serve them a single one.
drop of vodka; all students received only tonic water. The researchers

The researchers reproduced the atmosphere of a bar with such realism that even
They cleverly resealed the vodka bottles after
fill them with tonic. The waiters decorated the rim of the glasses with
lime macerated in vodka to make the combination more realistic before
to prepare and serve it as if it were vodka and tonic.

The students became tipsy and behaved as if they were
drunk, some even showed signs of alcohol poisoning. But
They didn't get drunk from drinking alcohol, but because the atmosphere of the
bar, through associative memory, made his brain and body
responded in the usual way in these cases.

When the researchers finally told them the truth, the stu-
The stunned detainees insisted that they had actually felt erased.
They thought they were drinking alcohol and this belief translated into sus-
neurochemical substances that altered their state of being.

That is, this belief was enough to produce a chemical change in his
body that was equivalent to that of a drunk. It happened to them because the stu-
diantes had conditioned themselves enough times to associate
alcohol with a change in its internal chemical state. As expected
or anticipated experiencing this change based on their associated memories.
tives with the act of drinking, the stimuli of the bar environment made them
change physiologically, as happened to Pavlov's dogs.

Although the other side of the coin is that the environment can also
promote healing. Patients at a Pennsylvania hospital who were re-
were recovering from surgery in a room overlooking the tree-
from a natural area on the outskirts, they needed to take medication
less potent painkiller and were discharged after seven to nine days
before patients who were in rooms from which they could not be seen
saw more than a brown brick wall." The state of mind that the
environment creates for us can certainly help the brain and body heal.

To enter, therefore, into a new state of being, do you need to resort to
to sugar pills, saline injections, fake operations or windows
panoramic views, something, someone or some place in your external environment? Or can you
Can you do it simply by changing what you think and feel? Are you able to
to believe in the new possibility of healing yourself without depending on any sti-

external mule and make this thought in your brain create an experience
emotional experience so intense that it changes your body to such an extent
point where you transcend the conditioning of your external environment?

If so, what you have just read suggests that this method would be a good-
An idea to change your inner state daily, before getting up for the day
the morning and face your same old environment so that you don't
bring you back to your former state of being, as happened to patients with
Parkinson's. Do you remember Janis Schonfeld, the woman in Chapter 1, whose
brain changed physically when she believed she was taking an antide-
depressive? The placebo worked so well for him in part because the pills
The inert substances he took reminded him daily that he had to change his state.
of being (by associating taking the pills with optimistic thoughts and
feelings of improvement, as happens to more than 80 percent of the
patients taking a placebo antidepressant).

If through meditation you manage to acquire a new state of mind,
being by combining a clear intention with feeling the emotional state ele-
ford that I mentioned before, you are now happy and excited about what
you are creating, eventually you will leave your habitual state of being. You will acquire
another new one that involves other attitudes, beliefs and perceptions, already
You will not react the same as before, because now your environment is no longer controlle
will tell what you think or feel. As you will make new decisions and you
you will behave differently, you will have new experiences and emotions
nes. That's why you will acquire a new and different personality that will not suffer
arthritic pain, nor motor problems due to Parkinson's, nor infertility
dad, nor any other condition you want to be cured of.

I would like to point out that not all diseases and ailments are
originate in our mind. There are certainly children who are born with diseases
congenital and genetic disorders, meaning that in this case they have not
It has been their thoughts, feelings, attitudes and beliefs that

have activated. And in life, traumas and accidents also happen. Ade-
Furthermore, exposure to a contaminated environment can wreak havoc on
the human body. I don't mean that when something happens to us we have-
We must always be responsible, although it is true that
Our body can be weakened by stress hormones and become

more vulnerable to disease when the immune system is
low. What I mean is that whatever the cause of our ailments,
companies, we have the possibility of healing ourselves.

Change your energy

Now you can see that if you want to change your beliefs and create an effect
placebo for your health and your life to improve, you must do exactly
the opposite of what Cambodian women did. After generating
a clear and firm intention and increase your emotional energy, you must
create an inner experience in your mind and body that is more po-
try that past external experience. In other words, when deciding
to adopt a new belief, the breadth or energy of this decision
It must be intense enough to surpass the recorded programs
in your brain and the emotional conditioning of your body.

To see what happens when you do this, take a look at Figure 7.3
from the next page. In the illustration, the energy of deciding to live this
new experience is greater than the trauma of past experience
(as illustrated in Figure 7.2), which is why the peak in this graph reaches a
higher point than the one in the previous graph. Hence the effects of this
new experience cancels the residues of neural programming and the
emotional conditioning from past experience.

If you do it right, this process ends up changing your brain structures.
Brales and your biology. The new experience reorganizes the programming
ancient, and in doing so eliminates the neurological evidence of that experience
past experience. (Think of it as a bigger wave breaking on the
beach that takes all the shells, seaweed, foam or footprints from the shore.)
Intense emotional experiences create long-term memories,
but the new inner experience cancels them out by creating new ones,
that your decision to change becomes an unforgettable experience.
The traces of the past disappear from your brain and body, and the signal
new one recreates a neurological program and makes genetic changes
Ticos in your body.

Now look at Figure 7.3 again and notice how the inclination
of the line in the graph reaches the bottom (in contrast, the one in figure 7.2
descends, but without reaching the level from which it began to rise.
descend). It shows that in this new state of being there is no longer any
trace of past experience.

THE DECISION MADE BECOMES THE EXPERIENCE

THE DECISION MADE COMBINED WITH AN EMOTION/ENERGY

=
g * THE FUTURE, NOW

- YOUR BIOLOGY CHANGES
* THE PAST NO LONGER EXISTS

qo THE PAST, NOW

YOUR DECISION BECOMES AN UNFORGETTABLE EXPERIENCE

FIGURE 7.3

To change a belief or perception about yourself and your life, you must make a decision.
with such a firm intention that it produces an energy more powerful than that of the
programs recorded in the brain and the emotional addiction of the body, and the
body in turn must respond to a new mind. When the decision made
creates a new inner experience more intense than the outer experience of the
past, your brain circuits reorganize and send you emotionally
new signals to your body. As experiences create long-term memories,
When your decision becomes an unforgettable experience, you are no longer
the same. Biologically, the past ceases to exist. One could say that in that
At this moment your body is living in a new future.

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These new signals, in addition to reorganizing your neurocircuits, also-
They also begin to change the body's conditioning by freeing you from
your emotional addiction to the past. The body is now living fully
mind in the present, no longer trapped in the past. Perceive this energy
more intense and translates it as a new emotion (which is nothing more than
another way of saying "energy in motion" or "e-motion") whether
This emotion consists of feeling invincible, brave, powerful, compa-

sive, inspired or whatever. And it is energy and not chemistry that changes your biology, your neurocircuitry and your genetic expression.

To those who walk on hot coals, chew glass or handle snakes- A similar process also occurs in them. They are clear that their body and their mind will enter a different state. And when they acquire the firm intention to make this change, the energy of this decision creates changes in them internal bios in their brain and body that makes them immune to con- external conditions of the environment during a certain period of time time. Now their energy protects them in a way that, at that moment- to, transcends its biology.

Our neurochemistry is apparently not the only thing that responds to this- more intense states of energy. The receptor sites of the outside of the body cells are a hundred times more sensitive to energy and frequencies cies that to the signals of chemical substances, such as neuropeptides, two, which we know penetrate cellular DNA.*? Research systematically reveal that the invisible forces of the electro-spectrum magnetic influence every aspect of cell biology and regulation genetic tion." Cell receptors are sensitive to certain the frequencies of the energy signals received. Among the energies of the electromagnetic spectrum are the microwave waves- waves, radio waves, X-ray waves, waves low frequency waves, sonic harmonic frequencies, ultrasonic rays transviolet and even infrared waves. Energy frequencies electromagnetic in particular can influence the behavior of DNA, RNA and protein synthesis; altering the shape and function of proteins; control gene regulation and expression; stimulate growth of nerve cells, influencing cell division and differentiation,

and also order certain cells to organize themselves into tissues and organs. All these cellular activities influenced by the energy for- is part of the expression of life.

And if this is true, there must be a reason for it. Remember the 98.5 percent of our DNA that scientists call "junk DNA" for apparently serving almost no purpose? It is evident that Mother Nature Rarity would not put all this information encoded in our cells, waiting to be read, without giving us the ability to create any kind of signal to decode it; after all, nature does not waste nothing.

Could it be that your own energy and consciousness are what create the right kind of signal outside the cells that allows you to take advantage This huge "list" of potentials? If it were true, if you would change your energy as I have already explained in this chapter, could it help you use your ability to truly heal your body? When you cam- bias your energy, you change your state of being. And the new circuits of the brain

bro and the body's new chemical emotions activate epige-
netics, and the result is that you literally become a new
person. The person you were is already history, a part of it has de-
disappeared along with neurocircuitry, emotional-chemical addictions
micas and the genetic expression that supported your former state of being.

8

The quantum mind

Reality can be a moving target in the literal sense.
We are used to seeing it as something fixed and secure, but as we discovered
You will see in a little while in this chapter, reality is not as it always appears to us.
have taught you to see. And if you want to learn to be your own placebo using
your mind to alter matter, it is essential that you understand nature
true of reality, the relationship between mind and matter and how the re-
reality can change, because if you don't know how and why these things happen
changes, you will not be able to direct any results with your intention.

Before we delve into the quantum universe I would like to analyze
where our ideas about reality come from and where they have led us.
Thanks to René Descartes and Isaac Newton, for centuries the study of
universe was divided into two classes: matter and mind. The study of mat-
ria (the material world) was declared the realm of science, because in its
most of the laws of the universe that govern the objective outside world
could be calculated and therefore predicted. In contrast, the inner realm of
the mind being considered too unpredictable and complicated was left
under the auspices of religion. And with the passage of time, mind and matter
They became different entities and dualism emerged.

Newtonian physics (also known as classical physics) studies
the mechanics of the functioning of bodies in space and time,
such as the interactions between each one in the material and physical world.
Thanks to Newton's laws we can measure and predict the path of planets.
net around the Sun, the acceleration of the speed of an apple to
fall from a tree and the time it will take to go from Seattle to New
York by plane. Newtonian physics deals with the predictable. It addresses the

universe as if it worked like a gigantic machine or
a huge clock.

But classical physics has its limitations when it comes to studying the
energy, the actions of the immaterial world beyond time and space
space and the behavior of atoms (the basic component of everything
exists in the physical universe). This realm belongs to quantum physics. And

Apparently this subatomic world of electrons and photons is not com-
bears not even a hint of the macroscopic world of the planets, the
apples and airplanes that we are familiar with.

When quantum physicists began to study the smallest
of the smallest aspects of an atom, such as the elements of the
which the nucleus is composed of, the more closely they observed it, the more
The atom became so defined and clear that it ended up disappearing
complete. It is seen that atoms are composed of 99.999999999999
percent of empty space! But this space is not actually empty,
but full of energy. Specifically, it is composed of a huge range of
energy frequencies that form a kind of information field
invisible and interconnected. If each atom is composed of a
99.999999999999 percent of energy or information, means that
the universe as we know it and every element in it—however many
lida that seems to us the matter of which it is formed—basically
It's nothing more than energy and information. It's a scientific fact.

Atoms contain a trace of matter, but when physicists
quantum mechanics tried to study it and discovered something very strange: matter-
The subatomic energy of the quantum world does not behave like the one that is
we are used to dealing with. Instead of following Newton's physical laws,
nianas, seems somehow chaotic and unpredictable, totally alien to
the limits of time and space. In reality, at the subatomic quantum level
monkey, matter is a momentary phenomenon. It arises and disappears from
from one moment to the next. It exists only as a tendency, a probability
or a possibility. In the quantum universe, there is no single element
physicist who is absolutely so.

But this was not the only strange discovery that physicists made about-
over the quantum universe. They also discovered that by observing particles

those of subatomic matter, could affect or change their behavior. The ra-
reason why they are here and disappear (and then come back here again
disappear without ceasing) is because these particles exist simultaneously-
mind in an infinite amount of possibilities or probabilities in the
invisible and infinite quantum field of energy. Electrons only appear
pray in one place when the observer fixes his attention on it. If he looks away
view, subatomic matter disappears, transforming into energy.

According to this "observer effect", physical matter does not exist or is manifested
party until it is observed, until we notice it and pay attention to it
attention. And when we stop paying attention to it, it fades away and comes back
to the place from which it came. Matter is constantly transforming
and passing from manifesting itself in matter to disappearing into energy (from he-
cho, about 7.8 times per second). And as the human mind (as an ob-
(servative) is closely connected to the behavior and appearance of the
matter, one could say that the power of the mind over matter is a

quantum reality. Another way of looking at it would be that in the quantum universe subatomic, the subjective mind affects objective reality. Your mind can of becoming matter, that is, you can make your mind matter.

Since everything we can see, touch and experience in our Our macroscopic world is composed of subatomic matter, in a certain way so we—along with everything in the universe—are also appearing and disappearing all the time. And if the particles Subatomic ones exist in an infinite number of possible places. At the same time, in this case, we are also somehow The same thing happens. And just as these particles that go from existing in everywhere at the same time (wave or energy) to exist in the place where- of the observer contemplates them as soon as he pays attention to them (particle or matter), we are also potentially capable of collapsing an infinite number of possible realities in physical existence.

That is, if you imagine a future situation that you want to live in your life, this reality already exists as a possibility somewhere in the quantum field—beyond time and space—waiting for the observe. If your mind (through your thoughts and feelings) can affect when and where an electron appears out of nowhere, in theory

should also be able to influence the appearance of any amount of possibilities you can imagine.

From a quantum perspective, if you <observe> yourself living a certain- mined new future different from your past, you hope that reality will happens and you emotionally accept the outcome, you will be —for a mo- ment—living in that future reality, and you will condition your body to believe that you are experiencing it in the present. The quantum model, which states that at this moment all possibilities exist, allows you to choose a new future and watch it materialize. And as The entire universe is made of atoms, and these are composed of 99% percent of energy or probabilities, it means that there are a lot of possibilities that you and I may be missing.

Although this also means that you create by default, since if you, As a quantum observer, you see your life from the same mental level as daily, according to the quantum model of reality, you are causing infi- possibilities collapse into the same patterns of information on a daily basis river. These patterns, which you call your life, never change, that's why you never allow you to make any changes.

The mental review I spoke of earlier does not therefore consist of va- fantasies or illusions, but is in a very real sense the way of intentionally manifest the desired reality, such as a life without pain or illness. By focusing more on what you want and less on what you that you do not want, you can materialize what you desire and at the same time "do-

"make disappear" what you don't want when you stop paying attention to it. There
Where you put your attention is where you put your energy. As soon as you put your attenti
or your conscience, or your mind in a possibility, you are also putting it
your energy. That's why you are affecting matter with your attention or observation.
tion. The placebo effect is not a fantasy, but a quantum reality.

Energy at the quantum level

All atoms in the elemental world emit different electronic energies.
magnetic fields. For example, an atom can radiate invisible fields

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of energy at different frequencies such as X-rays, gamma rays, ultra-rays
transviolet and infrared rays, and also visible light rays. And
just like invisible radio waves of a certain frequency
cia carry specific coded information (either 98.6 or
107.5 hertz), each different frequency also carries information
diverse action in particular, as shown in Figure 8.1. For example,
X-rays carry very different information than
infrared, because they vibrate at different frequencies. All these fields
They are made up of different energy patterns that transmit
always information at the atomic level.

FREQUENCY - ENERGY - INFORMATION
MORE CYCLES PER SECOND = FASTER FREQUENCY - SHORTER WAVELENGTH J

SHORTEST WAVELENGTH
X-RAY

HIGH
FREQUENCY

WAVES
RADIO STATIONS
LOW
FREQUENCY

LONG WAVELENGTH

> — nn Z mc nnm m

TIME = CYCLES PER SECOND

FEWER CYCLES PER SECOND = SLOWER FREQUENCY - LONGER WAVELENGTH

FIGURE 8.1

This table shows two different frequencies that carry
different information, hence they have different qualities.
X-rays do not behave the same as radio waves.

and that is why they have different characteristics by nature.

230 THE PLACEBO IS YOU

Consider atoms as vibrating fields of energy or small-
vortices that are constantly spinning. To better understand
how they work, I will compare them to a fan. Just like a fan-
The wind (a vortex of air) is generated by the spinning of atoms, while
They spin, they also radiate an energy field. And like a
fan that can rotate at different speeds, creating a breeze
stronger or weaker, they also vibrate at different frequencies that
can generate stronger or weaker fields. The faster
The more an atom vibrates, the greater the energy and frequency it will emit. And
The slower the speed at which an atom vibrates or rotates, the less
energy will produce.

The lower the speed at which the fan blades rotate, the
the side, the less wind (or energy) they will produce and the easier it will be to see the
material objects in physical reality. And the faster they spin,
The more energy they will create, the less they will be able to see, they will appear to b
Your observation will determine where the fan blades may appear.
distiller (like the subatomic particles that quantum scientists
They tried to observe that they did not stop appearing and disappearing from their sight.
ta), depending on where and how you observe them. And the same thing happens with atoms.
mo. Let's delve a little deeper into this now.

In quantum physics matter is defined as a solid particle, and
The immaterial energy field of information can be defined as
wave. When studying the physical properties of atoms, such as mass,
Atoms resemble physical matter. The lower the frequency at which they vibrate,
an atom, the longer it will be in physical reality and the more it will appear as
a particle that looks like solid matter. Matter appears to us as so-
lida, although it is composed mainly of energy, because all the
atoms vibrate at the same speed at which we vibrate.

But atoms also exhibit many related properties.

nothing with energy or waves (such as light, wavelength and frequency)
The faster an atom vibrates and the more energy it generates,
re, less time will pass in physical reality. It will appear and disappear
too fast for us to see, because it will be vibrating
much faster than we do. But even though we cannot see the energy

gy, sometimes we can see evidence of certain energy frequencies,
since the force field of atoms creates physical properties, such as
the way infrared waves heat things up.

If you compare Figure 8.2 A with Figure 8.2 B you will see how the fre-
Slower frequencies spend more time in the material world and that is why
appear as matter.

The physical universe, despite appearing to be composed only of matter,
part of an information field (the quantum field) that unifies up to
matter and energy to such an extent that it is impossible to consider them as
distinct entities. Since all particles are connected in a
immaterial and invisible field of information that lies beyond the
time and space, and this field is composed of consciousness (thought-
lie) and energy (frequency, the speed at which things vibrate).

NON-PHYSICAL AND IMMATERIAL QUANTUM FIELD
BEYOND TIME AND SPACE

AND

F POSSIBILITIES à

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A ə TIME IN SPACE: A PARTICLE A
PART | APPEARS IN PHYSICAL REALITY!

WAVELENGTH IN TIME

PHYSICAL MATERIAL REALITY IN TIME AND SPACE J

The slower the frequency, the slower the vibration and the longer it lasts.
IT'S THE WAVELENGTH = MORE TIME PASSES IN MATERIAL PHYSICAL REALITY

FIGURE 8.2 A

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NON-PHYSICAL AND IMMATERIAL QUANTUM FIELD
BEYOND TIME AND SPACE

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TIME IN SPACE: AN A PARTICLE

PARTICLE

WAVELENGTH IN TIME

PHYSICAL MATERIAL REALITY IN TIME AND SPACE J

The faster the frequency, the faster the vibration and the shorter it is.
IT'S THE WAVELENGTH = LESS TIME PASSES IN PHYSICAL MATERIAL REALITY

APPEARS IN PHYSICAL REALITY

FIGURE 8.2 B

When energy vibrates more slowly, particles manifest themselves
in physical reality for a longer time and appear as solid matter.
Figure 8.2 A shows how matter manifests itself in a frequency
slower with a longer wavelength. Figure 8.2 B
illustrates particles spending less time in physical reality,
Hence they are more energy and less matter, since they have a
shorter wavelength and faster frequency and vibration.

As each atom has its own specific energy field or im-
prompt energy, when atoms come together to form molecules,
They share their information fields and radiate their unique patterns
combined energy. If all the material that exists in the universe is irra-
day a certain energetic imprint that is unique because everything is
made of atoms, you and I also radiate our own and determined

nothing energetic imprints. We are both transmitting information
as electromagnetic energy, based on our states of being.
When you change your energy to modify a belief or perception-
tion on you or your life, you are increasing the frequency of the atoms and
the molecules of your physical body so that you increase your field
energy (as shown in Figure 8.3). You are increasing the ve-

EMOTIONS OF SURVIVAL

FACING
CREATIVE EMOTIONS
VIBE
LESS MATTER] EMOTIONS
MORE ENERGY ENERGY BODY CREATIVE

MORE MATTER PHYSICAL BODY EMOTIONS OF
LESS SURVIVAL ENERGY
PARTICLE FIGURE 8.3

When you change your energy, the physical particles in your body respond by rising.
to the new mind and vibrate at a faster frequency. You become more energetic and
less matter, more wave and less particle. The higher the emotion or
The higher the creative state of your mind, the more energy you will have to renew the
your body's programs. That's why your body will respond to a new mind.

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speed of the atomic fans your body is made of.
adopt a higher creative emotional state such as inspiration,
empowerment, gratitude or invincibility, you are doing-
make your atoms spin faster, like the blades of a fan,
and you spread a more powerful field of energy around your body, which
which affects your physical matter.

The physical particles that make up your body respond in-
then at a high energy. You become more energy and less matter.
You are more of a wave and less of a particle. Using your consciousness, you are creating
more energy for the matter to vibrate at a higher frequency and you
body responds to a new mind.

Receiving the appropriate energy signal

How do the physical particles of your body rise to a new mind?
Think of the preacher who enters a religious state of ecstasy and in-
ingests strychnine without suffering any biological effects. How could he have ingested
immunize oneself against the chemical properties of a poison that normally
would poison anyone? The level of his energy allowed him to transcend
the effects of matter. He made a decision with such firm intention
that this decision produced an intense energy that transcended the laws
yes of his environment, the effects on the body and linear time. Being him in
At that moment more energy and less matter, the new energy renewed the
your brain circuits, your body chemistry, and your genetic expression.
At that moment he was not his usual identity associated with his environment
usual, neither his physical body, nor was he living in a time
linear. The elevation of his consciousness and energy was the epiphenomenon of
matter. That is, it is information and frequency that create the
planes of matter. And when we manifest a consciousness and energy
very intense, these elements are the ones that influence the matter, since
the reduction of frequency and information is what creates it.

It is very likely that the receptor sites of the predicate cells
dor would not open selectively to strychnine, that the doors of

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His cells were closed to the poison, hence he did not suffer
effects. Being in a high spiritual state—that is, a
high energy—, instantly reactivated the cells of his body related to
you have immunity and re-silenced those that had to do with the poison.
The same thing happens to those who walk on hot coals, as soon as they change
your state of being the receptors of your cells are no longer open to the
effects of heat. That was also what allowed the teenage girls to
Hundreds of Chapter 1 lift a tractor weighing almost 1,500 kilos to free
his father. When they saw him trapped underneath, about to die, the state
The high energy of these girls deactivated the cell receptors
that normally they would have told their body that the tractor was de-
too heavy to lift, and activated the cell receptors
muscles to support that greater weight, so your muscles
respond to the attempt to lift him up and free his father. It was not
It was not the matter (the body) that lifted the matter (tractor), but the energy
influencing matter.

You cannot deny that the body is made up of an immense quantity
of atoms and molecules, and that these atoms and molecules form substances
Chemical substances are organized into cells, which
They in turn form tissues and are organized into organs, and these create different
systems in the body. For example, a muscle cell is made up of
different chemical substances (proteins, ions, cytokines, growth factors)
foundation), which come from different interactions of molecules,
coming in turn from different atomic unions, and these atoms share
have an invisible information field to form molecules.

The chemicals that make up a cell also
share a field of information. This invisible field of information
tion is the one that orchestrates the hundreds of thousands of functions that the cell
takes place every second. Scientists are beginning to understand
that there is a field of information that deals with the thousands of fun-
cellular functions that exist beyond the limits of matter.

This invisible field of consciousness is what orchestrates the functions
of the cells, tissues, organs and systems of the body. How
certain chemicals and molecules in your cells know what to do

do? What allows them to interact with such precision? The ce-
Lula is surrounded by an energy field that is the sum of the energy of
atoms, molecules and chemical substances working together
unison in balance to engender matter, and it is from this vital field
of information from which matter arises.

For example, the muscle cells in the previous example can or-
organize and specialize in <muscle tissue>. Let's say that the te-
The muscle tissue in this example is a "cardiac muscle." This type of

tissue forms the organ called the "heart". The tissues, which are composed of
of cells, share a field of information that allows the
heart function coherently. The heart is part of the system
cardiovascular system of the body. By sharing this field of information, or-
organizes matter so that it functions in a harmonious and holistic manner.
The energy field that generates matter is, therefore, what controls it.
The greater the field, the faster the atoms will vibrate or
the faster the blades of your subatomic fan will spin.

The Newtonian model of biology is based on linear events in which
that chemical reactions occur in a sequence of steps. But in
In reality biology does not work like that, since you cannot explain something in-
even as simple as healing a wound without understanding the routes
interconnected coherent information that I have just described. The
cells share the intercommunication of information in a way
nonlinear. The universe and all the biological systems it contains are
They are part of an integration of independent and intertwined energy fields.
jidos who, in turn, are sharing more and more information at every moment
beyond time and space.

Research confirms that most cell interactions
homes occur at a speed greater than that of light? And, as the limit of this
physical reality is the speed of light, it means that cells communicate
can through the quantum field. The interactions between atoms and
molecules form an intercommunication that unifies the physical world and
material with the energy fields that form the whole. In the quantum world
tico, the linear and predictable characteristics of the Newtonian world do not exist-
ten. The elements interact in a holistic and cooperative way.

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According to the quantum model of reality, it could be said that any
Illness is a decrease in the frequency at which one vibrates. Observe
for example stress hormones. When your nervous system is in
a fight or flight state, the survival chemicals that
triggers make you more matter and less energy. You become more
materialistic because you are defining reality with your senses. When pre-
Stopping for an emergency is overusing the vital energy that
surrounds the cells, and you turn all your attention to the outside world of the en-
around, the body and time. And if you maintain this stress response for a long time
you for a long time, the long-term effects make your body vibrate at a
lower and lower frequency each time, until it becomes more and more particle and
less and less wave, so that atoms, molecules and substances
Chemicals have less awareness, energy and information to
share, you become matter trying in vain to change the matter-
ria, your body tries in vain to change the body.

All the subatomic fans that make up your body,
In addition to spinning more slowly, they do so out of sync.
from each other, which creates an incoherence between the atoms and the mo-

molecules of the body, and this in turn produces communication signals such as
weak that the body begins to malfunction. The more matter and me-
The more energy your body has, the more you will be at the mercy of the second law of thermodynamics—the law of entropy—in which the material things of the universe tends to head towards disorder and collapse.

Think about what would happen if there were a hundred people in a huge room.
cough of fans spinning in harmony and whirring in unison. This
coherent hum would be a treat for the ears as it is rhythmic and cons-
tante. This is what happens in our body when the signals between
Our atoms, molecules and cells are powerful and coherent.

Now think how different it would be if the fans turned in different directions.
different speeds or frequencies due to not receiving enough electricity
(energy). The room would fill with a cacophony of clinking, bam-
Inconsistent jogs, stops, and starts. The same thing happens
when the signals between the atoms, molecules and cells of our
other body are weaker and incoherent.

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When you change your energy because you have made a decision with a
firm intention, you increase the frequency of your atomic structure and create
a more intentional and coherent electromagnetic imprint (as
shown in Figure 8.4). You are now affecting the physical matter of your
body. By increasing your energy, you increase the electricity your
atomic fans. The high frequency begins to drag or or-
Organize the cells in your body so that they become less particle-like

COHERENCE - HEALTH

INCOHERENCE - ILLNESS

FIGURE 8.4

From a quantum perspective, a higher, more coherent frequency
It is called health, and a slower and more incoherent one is called disease.
All diseases constitute a decrease in frequency
and also the expression of incoherent information.

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(matter) and more wave (energy). Or in other words, all your matter has-
more energy: or more information. Consider coherence as rhythm

or order, and incoherence as a lack of rhythm, order or synchronicity.

Imagine a group of one hundred drummers beating their drums.
res without going at the same pace. This is incoherence. Imagine now that
Five professional drummers appear at different points in the middle
of the band of aspiring drummers and begin to create with the repi-
tapping his drumsticks in perfect rhythm. In the end, all five will end up
dragging the other hundred drummers until they play the drums
with perfect rhythm, order and synchrony.

This is exactly what happens when your body responds to a
new mind and the hair on the back of your neck stands up as you feel more energetic
gy and less matter. At that point you are elevating matter to a
new mind. You are dragging the disease that exists as a fre-
lower frequency to raise it. At the same time, you also make
the incoherent information that existed between atoms and molecules,
chemicals and cells, tissues and organs, and systems
more of the body function from a more organic field of information
zada.

It's like listening to music on a radio full of interference.
and suddenly pick up a clear signal, the interference disappears and
You can hear the music well. Your brain and nervous system experience this.
the same when vibrating at higher and coherent frequencies. In that case,
You are not at the mercy of the law of entropy. You experience the opposite of the
entropy and the coherent imprint of the energy field around you
makes you immune to the typical laws of physical reality. Now everyone
Atomic fans spin at a faster, more coherent frequency
and the physical molecules, chemicals, and cells in your body
receive new information, so your energy produces to your
body some positive effects.

Figures 8.5 A, 8.5 B, and 8.5 C on the next page illustrate how
a higher, coherent energy frequency pulls a frequency
of the slowest and most incoherent matter, raising it to a new
mind.

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INCOHERENCE - ILLNESS

FIGURE 8.5 A

DRAG MATTER TO A NEW MIND
m. AAA 559m SS
DA AAA 55, SE
DAD A AA AA m

FIGURE 8.5 B

COHERENCE - HEALTH

FIGURE 8.5 C

When a higher, coherent energy interacts with another
slower and more incoherent, it drags matter into a more organized state.

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The more organized and coherent your energy is, the more you will drag the
matter to acquire an organized frequency, and the faster it is
this frequency, the more powerful and clear the electromagnetic signals will be.
cases that the cells will receive. (Remember, as you learned in the chapter
previous chapter, that cells are a hundred times more sensitive to signals
electromagnetic—energy—than chemical signals, and those signals
are those that change the expression of DNA.) On the other hand, the more
The more incoherent and unsynchronized your energy is, the less you will be able to commur
charge your cells together. You will soon learn how to create rockets
reference.

Crossing the quantum threshold

Since the quantum field is an invisible field of information, a fre-
frequency beyond time and space from which everything material arises
and, furthermore, it is composed of consciousness and energy, everything physical that exi
in the universe is unified and interconnected in this field. And as
Everything material is made up of atoms, which in turn are connected
beyond time and space, you and I, and everything in the universe,
is connected through this field of intelligence —personal and
universal, both within and around us—that gives life, information
information, energy and consciousness to everything that exists.

This is the universal intelligence that is giving you life at this moment-
to, whatever you want to call it. It organizes and orchestrates the hundreds of
thousands of notes in the harmonious symphony of the physiology of the human body,
those elements that are part of your autonomic nervous system. This
Intelligence makes your heart beat more than one hundred and one thousand times a day
to pump more than 7.5 liters per minute, traveling more than 96,000 ki-
meters every twenty-four hours. By the time you finish reading this sentence, your body ha
created 25 trillion cells. And each of the 70 trillion cells of
Your body performs somewhere between 100,000 and 6 trillion functions per day.
second. Today you will inhale 2 million liters of oxygen and every time you do it

you inhale, it is distributed to every cell in your body in a matter of seconds.

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Are you aware of all this? ;Or something with a higher mind than
yours, and with a much greater will, does it for you? This is love! In
reality this intelligence loves you so much that its love gives you life. It is the
same universal mind that animates every aspect of the material universe.
This invisible field of intelligence exists beyond time and space.
and it is from where everything material comes.

This intelligence is what causes supernovae to be born in galaxies.
distant and roses bloom at Versailles. May the planets orbit around
around the sun and the tide rises and falls in Malibu. As it exists everywhere
and at all times, and is found within you and around you, it is
both personal and universal. So there is a sub-consciousness
subject with free will (the individual consciousness) called "you", and a
objective consciousness (the universal consciousness) responsible for everything that
has life.

If you closed your eyes and stopped focusing on your body and people,
things, and situations that happen at different times and places
doors of your outside world, forgetting about time for a moment,
You, as a quantum observer, would stop putting your energy into your life
usual and you would be directing it to the unknown field of possibility-
des. As where you put your attention is where you put your energy, if you remain focused
By engaging in your everyday life, you are investing your energy into it. But
If you put your energy into the unknown field of possibilities beyond
of time and space, and instead you become consciousness (a
thinking about quantum potential), you will be attracting an experience
new company. As you enter a meditative state, your consciousness
subjective endowed with free will merges with universal consciousness
objective and you begin to sow a seed in an infinite field of po-
bilities.

The autonomic nervous system that organizes everything on its own is your
connection with the innate intelligence that executes all these functions au-
automatic for you. The functions I have mentioned are not performed by the neocortex,
but are the lower centers of the brain, located below it,
that they carry out at a subconscious level. You merge with this goodness-
great intelligence when meditating you get rid of the ego, you go from selfishness

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altruism and you become pure consciousness. You stop being a body
in space or linear time, and instead you enter a state of
without body, without self, without matter, without place and without time. It is when you
you pour into a consciousness in an infinite field of possibilities.

In that state you find yourself in the unknown. And it is from the unknown
where everything is created. You are in the quantum field. And you and I are already
We have all the necessary biological mechanisms to undertake the
feat of becoming pure consciousness.

9

Three stories of personal transformation

In this chapter you will meet some people who pour the energy of
their consciousness in the immaterial world beyond the senses, and accept
again and again a possibility, until it materializes in your life.

Laurie's Story

At age 19, Laurie was diagnosed with polyostotic fibrous dysplasia,
a rare degenerative bone disease. This debilitating condition is ca-
characterized because the body replaces normal bone with fibrous tissue
of lower quality and the protein that supports the skeletal structure
becomes abnormally thin and irregular. The atypical growth process
The condition associated with the syndrome causes the bones to widen, weaken,
have and break. Fibrous dysplasia can occur anywhere in the
skeleton, and in Laurie's body it manifested in the right femur, the
acetabulum of the right hip, the right tibia and in some of the bones
you are on your right foot. The doctors told him that this disease was in-
curable.

Fibrous dysplasia is a genetic disease that does not usually manifest itself
manifest until adolescence. In Laurie's case, she spent a year co-
painfully walking around the university campus without knowing that the
suffered, until he was diagnosed with a femoral fracture. Upon learning
that she had a broken bone was baffled, because she hadn't
given any blows. Apart from having an anatomically larger foot
that the other, until then, had not seen any evidence of his do-

lence. He had led a relatively active youth full of activities
activities such as running, dancing and playing tennis. When he started to limp in-
He was even starting to train to participate as a bodybuilder in
a competition.

After the diagnosis, Laurie's life changed overnight.
na. His traumatologist warned him that his body was fragile and extremely-

vulnerable mind. He insisted that I walk only with the aid of crutches
until he set the date for the surgical intervention: first he would perform
would use a bone graft and then insert a femoral nail into it
Russell-Taylor. After hearing the news, Laurie and her mother spent a
hour crying her eyes out in the hospital cafeteria. It was as if
were living a nightmare. Laurie felt like her life was going away.
would have ended suddenly.

Your perception of your limitations—both real and imagined—
began to dominate his life. To avoid further fractures, he followed orders
from the traumatologist and diligently used crutches. He had to leave his re-
recent job as a marketing intern at a large manufacturing company
manufacturer of Manhattan products and instead began to fill its
days with medical appointments. As his father insisted that he go see the
as many traumatologists as possible, his tearful mother dedicated herself to
take her from one doctor's appointment to another over the next few weeks.

Every time Laurie saw a new doctor, she waited patiently.
you hear a different medical opinion, but I was again given the same
More bad news than ever. In just a few months, ten traumatologists
They had weighed his illness. The last one who went to see him had however
a different opinion: he told her that the surgery that the other doctors advised her
They would not help her at all, because the inserted nail would only reinforce
would break the affected bone in the weakest place, causing more fractures in
the most vulnerable areas above and below the nail. He advised her to
forget about the surgery and continue moving around with crutches or in
wheelchair, or simply be sedentary for the rest of her life.

From then on Laurie was stuck at home most of the time.
time for fear of breaking a bone. He felt powerless, useless and
fragile, full of anxiety and self-pity. After a month she returned to the

university, but she spent most of her time locked up in a
apartment she shared with five other girls. She cultivated the impressive ca-
capacity to develop a serious clinical depression that was getting worse
day by day.

The fear of his father

Laurie's father had been a violent man since she was
use of reason. Even when the children were already adults, any member
The family's brother had to be prepared for the wrath of the swift fists
of that man at the most unexpected moments. In that home everything
The world lived in a state of alert at all times, wondering
when the next fit of rage would break out. Although Laurie didn't realize
account at that time, his father's behavior was closely

linked to his illness.

Newborns spend most of their time in the delta state.
During the first twelve years, children gradually move to
zeta state and then to alpha, before reaching beta, where they will continue the
most of your adult life. As I've pointed out before, when you
You are in the zeta and alpha zones and are extremely suggestible. Like children
small children do not yet have an analytical mind to correct what
what happens to them or to make sense of a situation, all the information
that they absorb from their experiences is stored directly in the sub-
conscious. And since at that age they are more suggestible, as soon as a
experience affects them emotionally, they focus on who or what caused it
sad and end up forming associative memories related to that
emotion. If it has been caused by the father or mother, over time the
They bond with those people and believe that the emotions they feel from the ex-
experience are normal because they do not yet have the ability to analyze
the situation. This is how early childhood experiences become
have in subconscious states of being.

While Laurie didn't know this when she was diagnosed with her disease,
Dad, the episodes with a great emotional charge that she experienced as a child
with his father were recorded in his implicit memory system, beyond

of your conscious mind, and ended up programming your biology. As your
reaction to parental anger—feeling weak, helpless, vulnerable,
stressed and terrified daily—became part of her nervous system
so autonomous, he chemically memorized those emotions and the environment
sent signals to the genes related to his disease to
activate. Being an automatic response, as long as she remained trapped
In his emotional body, Laurie could not change. He could only analyze.
his state of being that reflected the emotions of his past, although the
The answers you need will be found beyond those emotions.
As for Laurie, who was diagnosed with fibrous dysplasia, her mother
proclaimed to the whole family that modern medicine had declared
officially that her daughter was "fragile," meaning that she was safe from violence.
paternal physical leniency. Although her father continued to abuse her emotionally
and verbally for fifteen years until the day he died, the disease
Laurie's motherhood curiously protected her from physical abuse.

Laurie identifies with her illness

The unhealthy sense of security that Laurie acquired became
a means to survive. That's why he began to take advantage of the special treatment
social that he received (which he almost always needed). Like when they gave him
a seat on a crowded bus or subway, or her friends have
They were queuing up to attend a show while she sat waiting for them.

at a nearby bank, or offered a table at a crowded restaurant.
ted as soon as he entered it. Laurie discovered that his illness was going to
wonderful. He began to rely on his illness to get what he wanted.
wanted. Now he was better at managing in a world that had always been
seemed insecure. The emotional benefit of manipulating your reality
He ended up liking this way of getting what he wanted and also
Laurie was receiving much more than she needed to avoid stressing her body.
and thus avoid injury. Soon, he became identified with his
disease.

Later he began to display a rebellious attitude typical of the last
stage of adolescence against life that believed that doctors,

His parents and fate had forced him to take it. Six months after his re-
Upon receiving the diagnosis, she began to deny her illness. She decided to be the first
a mere "retarded" bodybuilder and returned to the sport with absolute dedication
Votion. Obstinately obsessive, while sweating ink and forcing himself to
have a positive attitude, he managed to lift weights in a way
that he did not injure his limbs.

He believed that by fighting the pain his health would improve, but his efforts
things went wrong for him, because most of the time he felt terrible and his
pain increased. As sometimes happens with patients with fibrodysplasia,
polyostotic brosa, Laurie also developed scoliosis and back
He was in terrible pain every day. When he reached his twenties, he started to suffer from
in the spine and throughout the body.

After finishing the race, despite traveling constantly,
Between her new house and her new job, Laurie became very sedentary.
and felt even more isolated from life. Fear, anxiety,
Dad and depression did not leave her. She envied most of the
people his age and lost friendships and romantic interests for living
more like her elderly parents than a young girl.

By my late twenties I was using a cane all the time to get around.
to be placed, even when he did not yet have any of the 12 serious frac-
tures that he ended up having. As if all this were not enough, he also desa-
developed dangerous microfractures. His bones were so fragile that under
The microscopic cracks gave way to other stress fractures.
large ones that connected with those of other areas of weakened bones,
creating even larger fractures that appeared on X-rays.

By the age of 30, Laurie had more back problems than his father.
72 years old and had aged prematurely. He stayed in bed dur-
for so many days and missed so many weeks of work that she was forced to quit.
He decided not to start his postgraduate studies at the moment because the as-
censor of the faculty that had accepted her as a student was not working.
He had to forget about parties, museums, shopping, traveling,

concerts and other activities that involved prolonged standing
or walking. She was trapped in the loop of thinking and feeling that she had before
I have spoken: thinking inside how limited and how fragile I was while

his body manifested this limitation and fragility on the outside. The more
vulnerable and weak he felt, more vulnerable and weak he became as he-
guide having fractures that supported his belief of being fragile, and more so
identified with his illness and validated his state of being.

In addition to taking medications to strengthen his bones, he decided
follow a special diet and take various vitamins and supplements
menticians, but nothing seemed to stop the fractures. You could break a
bone just from climbing a flight of stairs or stepping off the curb. It was
as if waiting at any moment for the next series of nightmares.

Interestingly, when Laurie wasn't using crutches or limping he looked
be completely healthy. Most people assumed that their bas-
ton was a kind of eccentric accessory and many did not believe that tu-
had a debilitating illness, which sometimes made it difficult for him to re-
receive the special treatment she needed, filling her with frustration.
Trying to convince others of his illness strengthened his identity.
as a sick person, his intention to show that he had a
disability and reinforced her idea of being disabled. While the others
They did everything possible to hide their own weaknesses and vulnerabilities.
data to everyone, Laurie discovered that she was instead pro-
constantly shouting their praises to the four winds.

He invested a lot of energy in trying to control his behavior as much as possible.
environment. He noticed everything I ate and drank, evaluating everything
ingested. He would calibrate down to the millimeter any walk he took in the
neighborhood. He even calculated the maximum weight he could carry from the supermarket
market: 5 kilos, which was also the weight limit that he could gain
before their bones started to get worse.

As exhausting as it was, it was the only thing Laurie knew how to do.
range of options became increasingly narrower while limiting
the things I could do physically to try to avoid any
fracture. As his lifestyle became more limited, so did his mind.
It also narrowed. His fears increased, his depression worsened.
and, despite his efforts, in the end he could not avoid having to stop working.

The woman who in the past had run, danced and participated in
bodybuilding competitions now could practice nothing but yoga

to keep fit, and by the end of my thirties I can't even
day to do hatha yoga. For years the only exercise that was performed
breathing vigorously while sitting in a chair (although at first
At the beginning of the quarantine, his doctor finally allowed him to swim a little.

He tried several times to be cured by therapists, holistic doctors,
Ticos, energy therapy, sound therapy and homeopathy, always looking for
solutions abroad. A few times he had felt better after
after an energy therapy session and had gone straight to the traumatologist
logo to ask him to take new x-rays, but when he saw that everything
He continued as always, becoming depressed again. He said to himself: Maybe I won't be abl
no choice but to resign myself. Every morning she woke up overwhelmed,
terrified and convinced that she couldn't bear what life had in store for her
reserved.

Laurie learns what is possible

Laurie and I met in 2009 after she saw the movie
documentary What Do You Know? The concept that a person could
probably creating a whole new life fascinated her. I met her
while I was having dinner before continuing with the workshop I was teaching at a cen-
retreat center outside New York. We chatted about my courses on
the personal change and that August he immediately signed up for my next one
class.

When Laurie first attended my workshop, she heard that it was pos-
able to change your brain, your thoughts, your body, your emotional state
nal and its genetic expression. I talked about the physical changes in it, but Lau-
rie had very deep-rooted beliefs about her illness and her body, and
She had also become emotionally stuck in the past. Don't you-
He had no intention of being cured, nor did he even believe it was possible.
He had come to my workshop simply because he wanted to feel better.
with herself.

Laurie applied the principles I taught as best she could, despite
not believing that he could feel different. As soon as he finished his first workshop
weekend, the first thing he did was stop sharing his diagnosis

with everyone. Even if he couldn't control his emotions,
concluded that at least he could control what he said out loud. So
unless I needed to ask for a chair at a party or explain to the guy
with whom she had arranged to meet because they couldn't go for a walk, she stopped
mention his illness. He chose to focus on the goal of feeling
well inside, maintain a deep connection with a divin source
an unknown, get a wonderful job in which he excelled,
find your soulmate and maintain close and healthy relationships with

your friends and family.

Laurie then focused on changing some of his behaviors.
He dedicated himself to observing his thoughts and words and remembered a
and again that he had to leave his old repetitive and destructive habits.
He continued meditating and participating in my courses. To give it meaning-
In doing what I was doing, I religiously reread the notes I took
in class and kept in touch with the maximum number of students
possible. As time went by, Laurie began to feel better and more
useful and strong for a small but noticeable percentage of the day.
She told herself "change" twenty times a day, as soon as she noticed
that his mind was returning to the past. Although the negative thoughts
suddenly harass her again a hundred times a day, little by little
He was acquiring some new thoughts, he wrote them down on a piece of paper
and tried to believe in them with all his soul.

He dedicated himself to this task with fervor, but it took him almost two years to feel
really those new thoughts. Instead of falling prey to frustration,
tion, she reminded herself that if it had taken her so many years to create the
illness coming from his emotional state, would also take the time
his in uncreating it. At the same time, it was said that before it arose
his new self, his old self had to die in the biological, neurological sense
logical, chemical and genetic.

The circumstances of his outside world worsened before
she would get better. A flood destroyed her home and other situations of the
apartment where he lived created new health problems. Laurie told me
that every time he sat down to meditate and reviewed what his life would be like
ideal, it felt like a lie was being told, and then

open your eyes and find yourself back in your usual circumstances,
It felt like a slap in the face. I encouraged her to stop defining the reality
quality with the senses and continue trying to cross the river of Change.

Laurie continued to limp to my workshops, sometimes badly.
humorous and others, grateful, persisting in their efforts. Also
He gathered as many students from his city as possible to meditate
together. As there was hardly any situation in his life that was pleasant,
possible, I thought: What the heck! At least while I have my eyes closed-
I will live for one hour a day in a different reality in which the body
Well it doesn't hurt, I'm in a safe and quiet house, and I keep a
full and affectionate relationship with the outside world and with my friends and fa-
miliary.

In early 2012, during one of my progressive workshops, Lau-
rie experienced a breakthrough in his meditative experience. All his
being shuddered in the literal and figurative sense. It was as if physically
you felt a tremendous agitation and then a great release. He put

to tremble, his face contracted and his arms shook convulsively-
mind as she tried her best to stay glued to the chair. She felt
an inexplicable joy. He cried and laughed, and sounds came out of his mouth
that he couldn't explain. He had released all the fear and control that he had
had used to not break down. For the first time in his life he felt a
divine presence and knew that she was not alone in life.

Laurie told me: "I perceived something, someone, a divine presence, and this
consciousness knew of my existence and cared for my well-being, despite
to not believe that something like this could exist. This awareness had been
I was paying attention and I also knew that for me that change was a
"a Herculean task." He had finally managed to relax and calm down, and he felt that
all the energy he had been pouring into trying to control his mo-
physical movements and his life began to free itself.

When he came to my next class, I noticed that Laurie was without
limping and without a cane. She looked happy and smiling, and laughed at herself instead
end up being irritated, sulking and with her face distorted by pain
lor. He was transmuting fear into courage, frustration into patience-
cia, pain into joy, weakness into inner strength. I was beginning

to change inside and out. Your body, freed from addiction to
those limiting emotions, he lived less in the past now and was
heading towards a new future.

In early spring 2012 the traumatologist told him during
you a routine check that two thirds of the fracture that he had in the fe-
Mur since he was 19 years old (fracture that appeared in all of his hundred or so
X-rays) had disappeared. He did not know how to explain this phenomenon.
No, but he suggested that she start exercising with a stationary bike.
tica in the gym for ten minutes, twice a week. The men-
saje sounded like heavenly music to her and so she did.

Successes and setbacks

All of Laurie's efforts to cross the River of Change began
now to bear fruit. At last I saw that I was making some kind of pro-
physical progress. Every day, as he went beyond his body, his environment and
time, also transcended his personality linked to his reality-
present and past exteriority, going beyond its accustomed body
and emotionally addicted, and of the foreseeable future that had always been-
performed based on his memories of the past. Thanks to his efforts
To overcome your analytical mind, replace your brain waves with
others that would encourage a more suggestible state, living in the present
and enter the programming system where the trauma had been recorded.
emotional state of his childhood, was finally beginning to change.

Laurie began to truly believe that she was healing her body by
in the middle of his thoughts. And that the old fracture related to his
old self was healing as she literally became another person
sona. It no longer activated or reinforced the circuits in her brain linked
with his old personality, because he no longer thought or acted as he had
you. He stopped reliving his past with the same emotions and conditions.
his body to the same mind. He was "un-memorizing" his old self.
guo and remembering your new self, that is, activating and reinforcing new
thoughts and actions in your brain by changing your mind and teaching
emotionally to your body to put yourself in the shoes of your future self.

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During his daily meditation Laurie was sending new signals
to new genes by simply changing their state of being. And those genes
were making new proteins that healed the responsive proteins
sabers of the fractures related to their "discomfort". Based on the
what he had learned in the workshops, he concluded that his bone cells needed
They needed to receive the right signal from their mind to deactivate the gene
fibrous dysplasia and activate the production of normal bone matrix.

Laurie told me:

I knew that over the years all those fractures had healed.
structurally manifested from the unhealthy expression of the
proteins from my bone cells, because I had been living with
the survival emotions of fear, victimhood and do-
lor, and I felt fragile. My mind had been powerful enough
as to perfectly express this fragility in my body.
By subconsciously memorizing those emotions in him, he had
programmed the activation of genes. And my body, like mind,
I was always living in the past. I concluded that if my bones
They were made of collagen, which is a protein, and that is
In order for my bone cells to make healthy collagen, I had to get into
the autonomic nervous system, going beyond the analytical mind, ac-
give in to the subconscious, reprogram my body again and again with
new information and let him receive new orders daily.
When I received the good news, I felt as if I had already
would have crossed half the river of Change.

Laurie continued to meditate and attend my workshops. From time to time
her body started to hurt again, but the frequency, intensity and duration
The pain relief decreased considerably. He made the most of
possible changes in your life. You changed gyms to change your environment
environment. The deodorant was applied starting from the right instead of
on the left. When he remembered it, he crossed his arms,
the left one on top of the right one instead of making it more comfortable-

mind the other way around. He sat in a different chair at home. He slept in the

opposite side of the bed where he slept before, even if he had to go to the
other end of the room when going to bed at night and getting up at night
the morning.

Laurie said to me, <As ridiculous as it sounds, I was trying to give
my body as many different signals as possible and as I can't
day allow me to move into a mansion in the Hamptons, I would have to
settle for those small changes>.

He even stuck notes everywhere to remind himself to be mindful.
and have thoughts and feelings about their future. He wrote in the no-
words: "I feel grateful," "High thoughts!" and "Love!", and
Then he stuck them behind several doors. He also stuck one on the dashboard.
on his car door that read: "Your thoughts are powerful-
mos. Choose them wisely." These kinds of encouraging notes and affirmations
tions were not something new for Laurie, but before he didn't believe in them because
I didn't know how to change my beliefs.

At the end of January 2013, when he went to see the traumatologist again,
go, he told him for the first time in twenty-eight years that he was not appreciated
no fractures on the x-rays, not a single one. His bones were per-
perfectly, without any injuries. Laurie wrote to me: "I can't express with
you work the joy that this news has brought me. Now I feel strong-
you and lively. I know I've already crossed more than half the river of Change.

Their bone cells were now programmed to make proteins
new and healthy. Her autonomic nervous system was restoring the
physical, chemical, and emotional balance of your body. An intelligence
Her superior was healing her and Laurie knew she could trust her now.
and put herself more in his hands. Her body continued to respond to a new
goes mind.

A month after the appointment with the traumatologist, Laurie flew to Ari-
area to attend one of my advanced workshops. When I was doing a
The hour he had arrived, he received a call from the doctor's assistant
to tell you that the results of the blood and urine test that just
ban on receiving indicated that his disease was still active.
doctor advised him to undergo intravenous therapy again
bisphosphonate base for the first time in many years.

Laurie's heart sank. The trauma X-rays
logo had left her with the impression of being healthy again, but the

Laboratory tests indicated otherwise. In a matter of seconds
I had lost perspective and was sure I had failed.
When she told me the news, I reassured her by saying that her body was still
living in the past and just needed a little more time to
catch up with his mind. I suggested he keep working on it
for several more months and then have the tests done again
urine.

Inspired by some of our workshop participants who
had been cured, Laurie returned home and did his practices with fervor, without-
I tend in my meditations with more vividness and intensity than ever
life he could have. He stopped imagining himself with his bones healed and sim-
She simply imagined herself as a vital, radiant, strong, youthful woman.
come, healthy and full of energy. He mentally reviewed and emotionally accepted
finally everything I wanted, which was nothing more than a body that
would work well, allowing him to walk without any problems. It was said
that the old woman who had been from 19 to 47 years old was already part
from the past.

A new mind, a new body

Over the next few months Laurie began to feel happier,
tentative, free, and healthy. She began to think more clearly about her future. Ra-
His body was rarely in pain and he walked without the aid of a cane.

When May 2013 arrived, I was dreading the appointment for
get tested. He postponed it until June. Afterwards he spoke of his doubts
and his anguish with an experienced student in the workshops, and this one
advised him to think of some positive things that came to mind
related to going to the hospital and getting tested. At that time
Laurie realized that she had many emotional resources at her disposal.
positive and revitalizing, such as how clean the hospital was, how
how helpful the staff always was and how nice they were
that place where they took care of you. It was exactly the change of focus

that I needed.

On the day of the appointment, while driving to the hospital, he thanked
ces for the sunny day, for the fluidity of the traffic, for your car, for the pier-
one that helped him drive, due to his perfect vision, through the free space
which he found immediately in the parking lot and for other similar things.
He later told me: "I walked into the hospital, gave them my name, closed my eyes and
I meditated in the waiting room until it was my turn. I urinated in a container.
pente, I handed it to the nurse and left, thanking her for the
simple act of walking. And I stopped clinging to the situation, completely. In
Deep down I accepted the outcome, whatever it was. This attitude

allowed me to forget about him completely, because I didn't expect anything.
I felt happy, in fact I felt obsessively grateful. I stopped
analyze things and trust in life.

He remembered that I had told him that as soon as he started to analyze
Tsar how or when he would be cured would be returning to his old self as always,
because the new me would never think with such insecurity. Laurie pro-
continued: "And suddenly I felt grateful in the present because yes, in addition-
throwing myself into the experience. I didn't expect the results to make me-
feel happy or grateful, but I was in a state of
authentic gratitude and love for life, as if it had already happened
that I wanted. And I didn't need something from the outside to be happy. I already felt
aunt full and happy, because now inside me there was a greater fullness and
satisfaction".

In the outside world I had practically nothing on a "large scale"
with which to measure success, satisfaction and security: like a salary,
a house, a partner, a business, a child or even a job
recent volunteering that she was particularly proud of. But
Laurie enjoyed the love of her friends and family members
with whom he connected. And now he felt a new love for himself
herself. She had discovered that she had never loved herself before, she had only
had been interested in herself. Later she told me that it was a nuance that
would not have grasped in the past when his mind was so narrow.
She felt very satisfied with herself and her life. She told me: "And for the first
For the first time since I embarked on this journey, I no longer cared about the outcome.

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from the test. I felt happy with myself.

Two fortunate weeks later the test results arrived.
ba. The doctor's assistant announced to him: "The test results
are completely normal. Your values are 40. And that was only fifty years ago.
"In months you got 68, levels that are too high."

Laurie had crossed the River of Change and was now in the
shore of a new life. There was no trace left in his body
her past. She was free, she had been reborn.

Later he told me:

It suddenly occurred to me that my identity as a "patient" and
"sick person" had become more powerful than any
another role that I played in life. I had pretended to be that
person, but I knew that deep down I wasn't. I invested all my
attention and energy on being a patient instead of being a mu-
jer, a girlfriend, a daughter, an employee or even a happy person
and full. Now I know that I didn't have the energy left to be just anyone

something else until I stopped pouring into my personality and my self
old ones and put all my attention and energy into a new me. What
I feel grateful to be truly me now!

Laurie has no regrets or grudges in particular, nor does she
She believes she has wasted little of her life in the past. As she put it,
sa: «I didn't want to judge myself, beat myself up, or get depressed about my past because
that this decision would have robbed me of my sense of fulfillment.
On the contrary, I see my past as a blessing, because I have overcome my
limitations and now I love being who I am. I feel at peace. I have
really changed on a biological and cellular level. I'm proud of the
message that the mind can heal the body, and believe me, I am the one
"what surprised him the most."

Candace's Story

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Candace had only been dating her partner for a year and the relationship was already
was leaking. After living the first few months together, she and her
boyfriend spent all day fighting, accusing each other for nothing, discon-
constantly relying on each other and blaming each other incessantly.
As they both felt jealous and insecure, their communication was frustrating.
trant, to put it mildly. They both felt harassed by
expectations that the other could not possibly meet. Prey to a
Unusual rage, Candace found herself shouting at her boyfriend
bald and throwing uncontrollable tantrums. These fights made him
feel even more useless, victimized, and insecure. This way of behaving-
It was new to her, she had never felt so angry, frustrated before.
brought or upset, and in his 28 years of life he had never had a single one
huff.

Despite sensing that it was not good for her to continue in that situation, Can-
dace was emotionally hooked on her unhealthy relationship. And with
Over time, his addiction to these stressful emotions became
in his new identity. His personal reality was creating that new
personality. The environment around her controlled how she thought, acted,
was and felt. He had become a victim trapped in his own
pious life.

Flooded with the powerful energy of survival emotions
cia, she began to act like an addict, needing the emotional rush
end of those feelings and believing that there was something around him that
made him feel, think and react in a certain way. He couldn't-
day to think or act beyond how she felt. Prisoner of that state-
emotional, he kept returning to the same things
thoughts, decisions, behaviors and experiences of always and
again.

Candace was actually using her boyfriend and all the conditions
of his outside world to reaffirm who he believed himself to be. His need
of feeling anger, frustration, insecurity, worthlessness, fear and victimization
himself was linked to that relationship. Although the situation did not
served to achieve his highest ideal, he was too afraid to change
to stop it. In truth, he became very attached to those emotions

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because they reinforced his identity, he preferred to feel those toxic feelings-
constantly rather than leaving the relationship and accepting something new for
moving from the known to the unknown. Candace begins to believe that
She was her emotions, she memorized a personality based on the past
that had been created.

Three months later things started to go from bad to worse.
body could not bear the stress of that intense emotional state and
He lost almost a third of his hair, falling out in clumps.
tion of weeks. He also began to suffer from severe migraines, chronic fatigue,
nica, gastrointestinal problems, lack of concentration, insomnia,
weight gain, constant pain and a thousand other debilitating symptoms
so many that were silently destroying it.

Candace was a very intuitive young woman and deduced that this "discomfort" was
She had created it herself with her emotional problems. Just by thinking
in their relationship, he was already losing his physiological balance when preparing for
another fight, activating stress hormones and the autonomic nervous system
nomo with his negative thoughts. And when he thought about his partner or
talked or complained about his relationship with his family and friends, he was
conditioning your body to be the mind of those emotions. Experience-
the mind-body connection was at its maximum, and since I couldn't turn it off
stress response, began to re-silence her genes. Her thoughts
made them literally sick.

After six months of living together, Candace's relationship with her partner
It couldn't get any worse, it was causing her a lot of stress. Despite being sure
that the symptoms of his body were a warning sign, sub-
consciously continued choosing the same reality as always, which
had now become his habitual state of being. Bombing
your body with negative emotions from the survival state, it is-
was sending the wrong signals to the wrong genes. He felt
as if he was dying inside and knew he had to recover
the reins of his life, but he had no idea how to do it. He continued with
her boyfriend for another year after not having the courage to leave him, living at all co
hours filled with rage and resentment. Whether or not I had the right to feel
Throwing out these emotions, Candace saw how her body was paying for it

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very expensive.

Candace pays the consequences

In November 2010 when he finally went to see a doctor, he was diagnosed
They diagnosed Hashimoto's disease (also known as thyroiditis)
Hashimoto's or chronic lymphocytic thyroiditis), an autoimmune disease
that is characterized by the immune system attacking the gland
thyroid, producing hypothyroidism (underactive thyroid) with flare-ups
occasional hyperthyroidism (overactive thyroid). Symptoms of
Hashimoto's disease are weight gain, depression, mania, into-
heat and cold tolerance, dullness, chronic fatigue, panic attacks
co, abnormal heart rhythm, hypercholesterolemia, low blood sugar
blood, constipation, migraines, muscle weakness, joint stiffness,
cramps, memory loss, vision problems, infertility and hair loss
hair loss, many of which Candace suffered from.

During the consultation, the endocrinologist told him that his disease was
genetics and that there was nothing to be done. He would suffer from the disease of
Hashimoto's for the rest of his life and should take thyroid medication.
indefinitely, because their antibody count never changes.
would. Despite later discovering that he had no family history
As for this disease, the die seemed to be cast.

Receiving a diagnosis gave Candace the unexpected gift of to-
sea awareness of reality. It was obvious that he needed a call
of attention and there she was. The physical deterioration of her body had
made me reflect on the past and see the truth of who had been
being. She realized that she had created the autoimmune disease
that was slowly destroying her physically, emotionally and mentally.
He had lived in a constant state of emergency, pouring all his
energy in staying safe in the outside world without reserving even one
pinch to maintain your inner world. And your immune system already
I couldn't stand it any longer.

Despite the fear of change and the unknown,
After five months he decided to break up with his partner. He saw that this unhealthy

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A relationship wasn't doing her any good. Candace wondered: What's wrong with her?
jor? Continue with this dysfunctional relationship and sink even deeper into a
bottomless pit? Or choose freedom and new possibilities? This is my
opportunity to lead a new and different life.

Candace's adversity became the genesis of her evolution

personal, introspection and expansion. He found himself on the edge of the precipice
cio, wanting to jump into the unknown. His decision to jump into the void and
of changing became an exciting experience. So he jumped
to that infinity of possibilities and potentials, driven by his desire to
stop doing what you weren't comfortable with, to reprogram your biocode
logical.

It was a turning point in his life. As he had read my two li-
previous brothers and had attended one of my first workshops, I knew that
if he accepted his diagnosis and the emotions of fear, worry,
the anxiety and sadness that it caused him, he would autosuggest and believe
only in thoughts related to those feelings. I could try to think
be in a positive way, but since his body felt bad, he knew that
This wasn't going to work for him. Doing so would have been choosing the wrong placebo.
fallen, the state of being wrong.

Candace decided not to accept her illness. She respectfully declined.
you the doctor's diagnosis, reminding herself that the mind that
creates disease is the same as that which creates health. I knew I had to change
change his beliefs about the disease that the medical community had
attributed. He chose not to be influenced by advice or opinions
from the doctor, because she did not feel terrified, victimized or sad.

To tell the truth, she felt optimistic and excited, and these emotions
nes generated a new series of thoughts that allowed him to see
a new possibility. He did not accept the diagnosis, the prognosis, or the treatment
treatment that the doctor proposed to him; nor did he hastily believe in the re-
most likely outcomes and destiny; nor did he permanently surrender himself to
diagnosis or treatment plan. He did not condition his body to the
worst possible situation, nor did he expect the same predictable outcome as the
Furthermore, he did not give it the same meaning as other patients with the
same disease. By having a different attitude, your state of being also

Well, it was different now.

Candace gets down to business

Although Candace did not accept her illness, she still had a long way to go.
to go. He knew he had to change his belief about his illness and to-
sea a decision that would involve an energy more powerful than that of the
programs recorded in your brain and that of emotional addictions
his body, so that it could respond to a new mind. Only in-
then your energy would change to the point of reprogramming your programs
more subconscious and eliminate their past neurologically and genetically,
which is exactly what began to happen.

Despite having heard me say all this before and knowing this in-
intellectually formed, he had never applied it to his own life.
At the first workshop she attended after receiving the diagnosis, she looked exhausted.
and she was dozing in the chair the whole time. I knew that Candace was-
was fighting.

When he went to the next workshop, he had been there for just over a month.
I ordered the medication for the thyroid that regulated the imbalance of her
chemical state, and she seemed more attentive and interested. The stories that con-
tea over the weekend were extremely inspiring. Upon hearing
that some people refused to be victims of the circumstances of
their outside world and that such extraordinary healings took place,
decided to be his own scientific project.

So he set out on his journey. He knew, from the knowledge of
epigenetics and neuroplasticity acquired in my workshops, which was no longer
a victim of the disease and used his knowledge to be proactive
goes. By giving a different meaning to his future, he faced it with a different
purpose. Every day he woke up at 4:30 a.m.
to meditate and begin to condition your body to a new mind.
He tried to live in the present, since he saw that he had not been doing so.

Because she wanted to be happy and healthy, she did her best to recover.
his life. Even so, at first it was not easy for him to do so and he felt
very frustrated when I saw that I couldn't sit down to meditate for a long time

a certain period of time. I had conditioned the body to be the
mind filled with frustration, anger, impatience and victimhood, and it was logical
that he would rebel. Candace had to force him to live in the present as if
was training an unruly animal. Every time he did it,
was conditioning him to a new mind while releasing a
little more of the chains of his emotional addiction.

Every day in his meditations he tried to go beyond his body, the
environment and time. He refused to get up being the same person he was
the one who had sat down to meditate, because the old Candace was the one
who had become an angry, frustrated, chemically addicted person
only to his external circumstances. And he no longer wanted to be that person
never again. He heard himself in his meditations, striving to change
his state of being, and he did not rest until he came to love life for its own sake, in
a state of pure gratitude.

I applied all the knowledge acquired from my workshops, CDs and books
(he read them more than once), and from the notes he had taken in my cur-
you. He was recording new information in his brain in order to prepare
to prepare for a new healing experience. He discovered that each time he was
more able to avoid activating and reinforcing old neurological connections
cases of anger, frustration, resentment, arrogance and distrust

za, and to activate and reinforce the new neural connections of love,
joy, compassion, and kindness. I knew I was reducing the co-
old connections and creating new ones. And the more times I tried
achieving a state of inner strength, the more he transformed himself.

As time went by she felt very grateful for being there.
alive, and saw that where there was harmony, inconsistency had no place.
She told herself: I am no longer the Candace I used to be, nor do I continue to reaffirm
more that existence. He persevered at it for months and months. And when he
She found herself returning to that lower level where she felt angry or
frustrated by the conditions of her outside world, or sick or unhappy,
He tried to change his chip quickly. By rapidly changing his state
delsser, was shortening the periods in which those emotions took over
of her, returning less and less to her changeable and temperamental per-
personality of before.

Some days he felt so bad he didn't want to get out of bed,
but he did it anyway and meditated. It was said that every time he
transmuted those lower emotions into higher emotions, he was
biologically freeing yourself from your past and "pumping" your brain and your
body to live a new future. He began to see that it was worth it
continue with your inner work and soon instead of costing yourself ha-
to do it, it just came out.

Thanks to his daily tenacity, he soon noticed a great change.
and he began to feel better. As soon as he stopped seeing the world through a mental
It fills you with fear and frustration and you look at it with a compassionate mind,
affectionate and grateful, she began to communicate with others in a different way
black. Now she had more energy and could think more clearly.

He realized that he no longer reacted the same way to circumstances.
usual circumstances of your life, because your old emotions are based on
The fears were no longer etched in his body. He was overcoming
his visceral reactions, he now saw that he had previously been irritated by certain people
and situations because of their own negative emotions. They are
freeing themselves from them.

Part of the process of changing was noticing the thoughts
coughs that came to his head during the day without him realizing it. In
his meditations decided that they would never go unnoticed again.
He decided to never return to the behaviors and habits of his former self under
no circumstances. He made a clean slate in the biological sense.
logical, neurological and genetic, reserving time to create a self
again, and his body began to release energy. That is, he was going from
from being a particle to being a wave by releasing repressed emotions as energy
gy in her body. Her body had stopped living in the past.

The energy released allowed him to see the panorama of a new future.

Candace asked herself: How do I want to behave? How do I want to behave?
feel? How do I want to think? When I wake up in the morning for months
and months feeling very grateful, was teaching emotionally
to his body that his new future had arrived, so he sent se-
new signals to new genes, and his body regained homeostasis. Can-
dace discovered that compassion was the other side of his anger, that patience

cia and gratitude were the other side of his frustration, and that on the other side
From his victimhood a creator awaited him, wanting to create joy and
well-being. It was the same intense energy on both sides, but now she
could release it as it passed from being a particle to being a wave, from the state of
survival of creation.

Delicious, delicious success

When Candace saw her doctor again several months after the diagnosis,
diagnosis, he was stunned by the change in his patient. The analytics
cas had come out perfect. In the first series of tests in February of
2011, levels of thyroid-stimulating hormone (TSH, from the in-
thyroid-stimulating hormone) were 3.61 (they were high) and the
antibody count of 638 (revealing a large imbalance). But in
September 2011 his TSH levels had normalized to 1.15 and the
His antibody count was 450, a healthy level, although no longer
continue taking any medication. She had cured herself in
less than a year.

The doctor wanted to know what he had been doing to get some
such amazing results. It seemed too good to be true.
Candace explained that seeing that she had been the one to create her
disease, decided to do an experiment on herself to get rid of
create it. He told her that by meditating daily and having elevated emotions, he had
had been epigenetically sending new signals to new genes in
instead of letting unhealthy emotions continue to send signals
to the ancient genes. He explained that he had been imagining it daily
who he wanted to become and who had stopped reacting to all the
situations of its external environment as an animal in the state of su-
survival: fighting, fleeing, kicking or screaming. Their environment is-
guide being basically the same, but now she responded by being
more affectionate with herself.

The doctor exclaimed in surprise: "I wish all my patients were
"I wish they were like you, Candace! Your story is amazing!"

Candace doesn't know exactly how she was cured. Nor does she care.

porta. The only thing he knows is that he is now a different person.

After a while I had dinner with Candace, when it had been months since I had
He had stopped taking his medication and no longer had any symptoms. He enjoyed a
enviable health, her hair had grown back and she felt wonderful
with herself. She told me over and over again that she loved life now
that he was carrying.

I answered him laughing: "You have fallen in love with life and it has fallen in love with
You see your love in abundance. And you are right to feel this way, because you are the or
"You have been creating this situation daily for months!"

Cadace told me that he believed in the existence of an infinite field
of potentials and knew that there was something beyond her that had helped her-
to heal herself. All she had done was transcend herself,
enter the autonomic nervous system and sow the seeds for a
new life. And without knowing how, it had just happened, and from then on
then he had felt better than ever.

Now he leads a completely different life than when he was diagnosed.
ron Hashimoto's disease. She is a business partner of a course of
personal development on self-improvement and self-esteem, and also tra-
leave from a company. He maintains a loving relationship with his partner, has done
new friendships and enjoy new opportunities in the business world
cios. A new personality ends up creating a new personal reality.

A state of being is a magnetic force that attracts similar situations.
nes to him, hence when Candace fell in love with herself, she also
attracted a loving partner. As she felt valued and respected,
herself and for life itself, opportunities began to arise that
allowed her to contribute her grain of sand, be respected and create
a better world. And when he acquired his new personality, the old one
It was as if he belonged to another life. His new physiology began to create
higher levels of joy and inspiration and then his illness
left behind, in the past, along with her former personality. Candace
had become another person.

Although this does not mean that I am now addicted to joy, but rather that
has ceased to be unhappy. When he began to feel happier,
discovered that in life we can always feel more happiness, joy and

love, because each experience produces a different mix of emotions
tions. He began to really look forward to the challenges of his life to find out
to what extent I could turn that information into transformation.

The final lesson he learned was that his illness and its challenges were not
were no one else's but hers. In her former state of being she had been
convinced of being a victim of her relationship, of external circumstances-
res and what was happening to him in life. Realizing his mistake, taking responsibility
herself and her life—and understand that what had happened to her—
dido had nothing to do with the outside—it was tremendously
inspiring and at the same time one of the best gifts I could have
ber ordered.

Joann's Story

Joann had been living most of her life at a trembling pace.
pedant. This 59-year-old mother of five children was also a
a devoted wife to her family, a successful businesswoman and an entrepreneur
Dedora who juggled to make her chores compatible
domestic, family dynamics, a promising career and a prosperous
but business. While her goal was to stay sane, healthy and balanced,
Brada, I could not imagine any other kind of life than intense existence,
overwhelming and busy life that she was living. She was living life to the fullest, demons
to everyone how active and sharp her mind was. Joann went all out
hours to do as many tasks as possible, executing them at the same time
time at an exceptional level. She was an admired leader who was
They turned to her daily for advice. Her contemporaries called her
ban "superwoman" and that was it, or at least that's what she thought.

But it all ended abruptly in January 2008, when, after leaving
From the elevator, Joann collapsed 15 meters away from the door
from his apartment. That day he was not feeling well and had gone to a medical center
I told him to get a check-up. In a matter of seconds his world turned upside down.
360 degree turn and found himself clinging to life.

After eight months of testing, doctors diagnosed him with

diagnosed secondary progressive multiple sclerosis (SPMS), an en-
chronic disease characterized by the immune system attacking
to the central nervous system. Symptoms vary greatly depending on
of each one, but they can start by creating numbness in a
leg or arm and end up leading to paralysis and even blindness.
Symptoms may not only be physical, but also lead to problems.
more cognitive and psychiatric.

Over the past fourteen years Joann's symptoms had been so
vague and sporadic that I had not given importance to, I believed that they were
were due to the hectic lifestyle he led. But now his disorder
He had a label and it felt like a life sentence without
no chance of receiving parole. It was discovered

thrown into the depths of the Western medical world, harassed
for his strong beliefs that multiple sclerosis was a disease
incurable disease.

Several years before the diagnosis, Joann had put the
family business in Calgary to change life and move to Van-
Couver, on the west coast of Canada, something his family had been doing for years
looking forward to doing. After the move, Joann faced a challenge
after another while the economic situation and family resources are
were reducing, until they were left in a very precarious situation
ria. Joann's self-esteem, self-confidence, and health are
They resented it greatly. Their mental and physical state began to decline in
when he discovered that he was unable to overcome his environment. The situation
economic situation was getting worse day by day, while the stress factors
santes increased. Soon the family could not even cover
their basic needs of food and a roof over their heads.
early 2007 Joann, who everyone thought was a su-
perwoman, hit rock bottom and before the year was out the family returned to
Calgary.

Multiple sclerosis is an inflammatory disease in which the
protective myelin sheaths of nerve cells in the brain and
the spinal cord deteriorates, along with the nerve fibers, so
that the nervous system cannot communicate with different parts of the

body or transmit signals properly. The type of multiple sclerosis
treble that Joann developed was progressive, it progresses over time and usually
end up causing permanent neurological problems, especially in
the advanced stage. Doctors told him that the disease was incu-
rable.

At first Joann was determined not to let multiple sclerosis
treble defined her. However, her physical disability worsened rapidly-
mind, along with a cognitive decline. As their limitations
increased, he had to depend on others for basic care.
cos. Due to her sensory and motor problems, she was forced to
use crutches, a walker, and a wheelchair. In the end, he had to dis-
move around with a scooter for the disabled.

When her life fell apart, it was only natural that Joann would fall apart.
Her body finally did her the favor she had been denying herself,
That is, he forced her to stop dead in her tracks and exclaim "Enough!" He had demanded of
too much. Although in the early years of his career he had triumphed,
I thought I was a failure most of the time because I was constantly
fearfully judging herself and thinking she could do better
work. She was never satisfied with herself. No matter how many things she did
close, they were never enough for her.

And the most important thing was that I didn't want to stop carrying that frantic pace of life, because he used it to escape from his feeling of failure so. She was always focused on the outside world—in its various ex- experiences with people and things at different times and places in your life life—, so as not to have to focus on his inner world of thoughts- lies and feelings.

Joann had spent most of her life supporting the de- more—celebrating their successes and encouraging them—but never letting them no one could see what was wrong in her life. She hid her pain from everyone. He spent the day giving energy, but he never received it from others, he didn't She allowed herself to do it, that's why she had been denying herself all her life. own personal evolution by never expressing what I felt. It is logical that when Joann tried to change her inner world using the conditions tions of his external world, will inevitably manifest only failures.

When she finally broke down, she felt so weak and dejected that she pe- He had no strength left to fight for survival. All that time who had been living in a state of emergency, reacting constantly to the conditions of her outside world, had left her without vitality, consuming all the energy of his inner world, the place where regeneration and healing take place. He had been left empty.

Joann changes her mind

But what Joann knew for sure was that brain injuries and me- Dulls that appeared on MRIs (magnetic resonance imaging) hadn't happened overnight. His body was gone gradually consuming from the very core: the nervous system central. After ignoring the symptoms for all those years, now he had reached the point of "losing his temper" because he It was scary to look inside. Those everyday chemicals They had been knocking incessantly on the doors of their cells and in the end The genes linked to the diseases had responded to the call- is being activated.

Bedridden, she set the first goal of stopping the pro- aggression of multiple sclerosis. I had read my first book and knew that her brain did not distinguish between what she could create with her thoughts thoughts and a real external experience, and that mental practice would allow him to change his brain and body. He began to imagine himself doing yoga, and after a few weeks of practicing it daily he managed to adopt various physical postures—even some standing ones. These results They greatly motivated us to continue with it.

Every day Joann "pumped" her brain and body with her thoughts.
ments. Like the subjects in chapter 5 who, when mentally reviewing
mind the piano exercises created the same neurological circuits
things that those who practiced them physically, were installing the
circuits in your brain as if you were already walking and moving
with your body. Do you remember the subjects of various studies on lifting-

weightlifters who increased their muscle strength by lifting weights
and mentally flexing her biceps? Joann, like them, knew
that could make his body feel like it was already starting to
heal by literally changing your mind.

After a while he was able to stand up for a few moments and
Later he managed to walk with the help of a cane. His hands were shaking.
legs while doing so and continued to move around with a scooter, but at least
We were no longer bedridden and self-pitying. We had achieved
to turn his life around.

When he began to meditate daily to silence the chatter of his
mind, she realized how sad and angry she was. The gates of the dam were
opened suddenly. She discovered that she felt weak, isolated, rejected and
useless most of the time. Unbalanced, disoriented and disconcerted
nectada, gave him the impression of having lost an essential part of himself
herself. She watched as she went out of her way to please others,
forgetting herself, and her inability to live without feeling guilty.
He admitted that he was always trying to control the chaos he lived in.
seemed to be involved without ever achieving it. Deep down I had always known
wanted, but had decided to ignore it, moving forward at all costs
pretending that everything was going well in his life.

As painful as it was, Joann dedicated herself to observing how she had
created his own illness. He decided to warn all thoughts
coughs, actions and subconscious emotions that defined her as the per-
personality that had created that personal reality. I knew that as soon as
If I observed who I was being, I could change those aspects of myself.
The more he became aware of his unconscious self and his state of being,
the more things she discovered about herself.

In early 2010 Joann warned that the progression of sclero-
multiple syphilis had slowed down and he decided to set the goal of stopping it.
In May, when he mentioned this idea to a neurologist who asked him,
what his goals were regarding his illness, he ended
Nothing abruptly summons her. But this incident instead of discouraging her
made him aim to achieve his goal even more strongly.

Joann takes her healing to a new level

When he attended my workshop in Vancouver, he couldn't walk without assistance.
Over the weekend I asked participants to generate
a firm intention in your mind and combine it with an emotion
elevated in your body. The goal was to recondition the body to
a new mind, instead of continuing to condition it with emotions
of the survival state. I wanted them to open their hearts and
They will teach their body emotionally what it would be like to live in the future
desired. It was the missing ingredient for Joann's mental practice
daily. Accept the idea of walking 6 to 8 meters only with the help of
The cane excited him. Now he was adding the second element
ment of the placebo effect to the equation: eagerly await the re-
desired result.

This combination—convincing your body emotionally that
was already experiencing in the present the future healing—would bring her
to the next level. Your body, as an unconscious mind, had to believe-
she tried to make it work for her. If she could feel the joy of being healthy and
thank him before healing, his body would taste a sample of his
future in the present.

I suggested that he pay close attention to his thoughts, as
were responsible for his illness. I insisted that he go further
of the personality associated with your condition to create both a persona-
nality as a new personal reality. Now I could give it a meaning
meaning and an intention to what I was doing.

After attending that workshop, Joann participated in another one two months later.
more advanced in Seattle. As the day before going his car had broken down
scooter used his motorized wheelchair to get around. Despite
who at first felt more vulnerable for this reason, in the workshop warned-
He noticed after a short time that he was moving better. His associative memory related to
with the positive experience of the last event and the hope of obtaining
Getting better results even in that workshop was what started that process.
If 29 percent of patients feel nauseous before receiving the
chemotherapy treatments (as you saw in chapter 1), then

perhaps it was possible that some workshop participants experienced
a feeling of anticipatory well-being upon returning to that type of environment.
Whatever the trigger, Joann saw a new possibility and began
enthusiastically to emotionally accept that future in the present.

During the last meditation done in the workshop Joann experienced a
magical moment, she felt a tremendous inner change and something that
deeply moved him. As soon as it reached his nervous system,

tonome, and he received the instructions and took care of everything, he noticed that his body suddenly changed. She felt excited, happy and free. After meditate, she got up from the chair being a different woman, she was no longer the same but who had sat on it, was in a new state of to be. He headed to the front, without even using his cane, and crossed the proud room, with their eyes wide open in amazement and laughing like a child. Despite having been inactive for years, I could now feel and move the legs.

I had done it and I was elated! To my surprise, Joann had- had sent new signals to new genes during that meditation. Ha- had changed his physical state in an hour!

When he went beyond his identity of suffering from multiple sclerosis, became a different person and that was when he stopped from trying to slow, stop, or reverse his illness. He stopped trying prove anything to herself, and to prove it to her family, to the me- dicos or anyone else. He understood and felt for the first time that His real journey had been about fulfillment, which is what he was all about. always consists of a verifiable cure. He forgot about having a disease officially confirmed identity and disassociated her from that identity for a moment. The freedom this gave him and the breadth of emotion elevated were powerful enough to activate a new gene. Joann knew that multiple sclerosis was nothing more than a label, like that of "mother", "wife" or "boss". That detached label had changed simply giving up on his past.

More miracles

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When Joann finished the second workshop she arrived home three days later Later, he was amazed to find that miracles continued to occur. While doing yoga, I was now practicing it with my body—and not only mentally—he realized he could lift one foot off the ground. He tried to le- lift the other one... and he did it! Then he noticed that he could bend his foot first time in years. And wiggle my toes, something I hadn't con- followed for a long time.

Stunned and impressed, she burst into tears of pure joy. At that moment tante knew that everything was possible, not thanks to any medication or pro- external yielding, but to the internal changes he had made. He knew which could be its own placebo.

In a very short time, Joann learned to walk again on her own. After two years, he is still walking without help and is now more jovial and full of life. Her body has become stronger and she can do many things that I had thought I would never be able to do again. And the most important thing is that she feels alive and full of infinite joy. She feels

complete, and as he is now able to receive, he continues to receive healing.

He recently told me, "My life is magical, it's full of incredible synergies."
gias, abundance and unexpected gifts of all kinds. It bubbles, shines and
vibrates with this new reflection of myself much clearer. This is me,
the real woman I've been trying to control and hide the ma-
"Your part of my life!"

Joann now lives most of the day feeling grateful.
dañi takes some time to notice his thoughts and feelings, it is de-
cir, cultivates his state of being daily, paying attention to what he says to himself-
but and also in what he thinks of others. In his meditations he
observes and notices how he acts. He is aware of his thoughts and is
It is very rare that someone who does not want to have it interferes.

Her current neurologist agrees with the decisions Joann has made.
taken and was amazed by his progress. In the end, she accepted
the power of the mind, Joann has shown it with her analytics and her
Medical reports in which not the slightest trace of sclerosis appears
multiple.

Three stories of personal transformation 277

Laurie, Candace and Joann achieved their spectacular remissions-
spontaneous without resorting to any external means. They were cured by working
its interior, without using medications, surgeries, therapies or any other
anything but his own mind. They became his placebo.

Let's now take a scientific look at the brains of some others
participants in my workshops who reaped equally dramatic changes
spectacular, to see exactly what happens during these
amazing transformations.

10

Information for transformation:
the proof that the placebo is you

The goal of this book is to make your mind matter. Now you understand
that the placebo works because you accept and believe in a known remedy
-fake pills, injections, or procedures that replace real ones
les-and then you abandon yourself to the result without analyzing too much how it su-
will yield. You could say that you associate the future experience of a certain
mined known person (for example, a doctor) or an item (a
medication or a procedure) at a specific time and place
from the outside world with a change in your inner world and, in doing so,
you alter your state of being. And after several constant experiences, it is-

hope that your future is exactly like your past. As soon as it is created
This link, the process becomes very effective. It is nothing more than a stimulus
known automatically producing a known response.

The bottom line is this: in the classic placebo effect, our belief-
lies in something outside of us. We invest our power in the
material world, where our senses define reality. But
Can placebo also work if we create that unknown possibility?
known from the immaterial world of thoughts and we materialize it
in a new reality? This would be a more prudent use of the model
quantum.

The three participants of my workshop from the previous chapter achieved this
feat. They decided to believe in themselves more than anything else.
They changed from within and acquired the same state of being as al-
someone who had taken a placebo, without any material element

that caused the phenomenon. This is what many of my students continue to do-
ing to improve. As soon as they know how the plan really works,
bait, even if they dispense with pills, injections or procedures
medical procedures, obtain the same result.

Thanks to the research on which these workshops are based,
constant testimonies that I have heard from people everywhere
of the world, now I know that the placebo is you. My students have shown me-
learned that instead of believing in the known, they can believe in the unknown.
acid and make it become known.

Think about it for a moment. The idea of a verifiable cure
exists as an unknown potential reality in the quantum field,
until it is observed and known, and materializes. It exists as a
possibility in an infinite field of information defined as nothing
physical, even if it is all the material possibilities combined. The po-
possible future of experiencing spontaneous remission of a disease
It therefore exists as an unknown possibility beyond time
and space, until you experience it personally and know it in
This time and space. As for the unknown beyond the senses
becomes a familiar experience with your senses, you are in ca-
mine to evolve.

If you manage to experience healing again and again in the inter-world,
of thoughts and feelings, with the passage of time this cu-
ration will eventually manifest itself as an external experience. And if con-
you follow that a thought is as real as the experience of the world
outside, won't this be reflected in your body and brain sooner or later?
early? That is, if you mentally review that unknown future with
a clear intention and an elevated emotion, and you do it again and again, in
In this case, according to what you have learned, you should experience changes

neuroplastics in your brain and epigenetic changes in your body.

And if you keep entering the new state of being daily by remembering-
it to your brain and conditioning your body to that same mind, must-
you would end up experiencing the same structural and functional changes
you would get if you had taken a placebo. Figure 10.1 shows
shows this process schematically.

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HOW YOU BECOME THE PLACEBO

WORLD WORLD

OUTSIDE TO COOLER

WORLD WORLD

INTERIOR — M INTERIOR

WORLD

WORLD

INSIDE TO OUTSIDE

FIGURE 10.1

Most changes begin with the simple process of something outside of you.
changing something inside you. If you embark on the inner journey and begin to change
your inner world of thoughts and feelings, this will end up creating you
greater well-being. And if you keep repeating the process in meditation, with
With the passage of time, internal epigenetic changes will end
manifesting in an external experience and you will become the placebo.

So, instead of putting your faith (I define it as believing in a thought)
knowledge more than anything else) in something known and believe in
So, can't you put your attention on an unknown possibility?
and therefore, according to the principles of this book, end up knowing that
unknown reality? By emotionally accepting the experience in your

mind enough times, you go from the immaterial to the material, from the pen-
subjection to reality.

By now I hope you understand that to heal yourself you don't need
fake pills, sacred altars, ancient symbols, sorcerers (whether
It is about modern as well as traditional ones), fake surgeries or
sacred sites. This chapter presents the scientific evidence that

showing you how our students did it. They changed their biology
with his thoughts. And it wasn't just a mental experience, but
which was reflected in his brain.

'All the evidence in this chapter that supports it is to inspire-
you will see, first hand, the power of meditation. I hope that in
When you see proof of what is possible, apply the same principles.
to your own personal transformation and reap the benefits in
all aspects of your life. After reading these stories, when you arrive
You follow the second part of the book with your intention to undertake this journey in-
The later will be stronger, because you will give more importance to what you are
doing and therefore you will get better results.

From knowledge to experience

By teaching these principles I have learned something very important: I have
realized that deep down we all believe in our own great-
deza. When you achieve that, at some level—whether you're the executive director—
employee of a company, the janitor of an elementary school, a mother
single with three children or an inmate in a prison—you believe in yourself in a way
natural.

We all believe in possibilities. We imagine a better future.
better than the reality we are living. For this reason I believed that if I could
to provide honest people with fundamental scientific information and
then the instructions needed to apply it would experience a transformation
personal information to a greater or lesser degree. After all, science
It is nothing more than the contemporary language of mysticism. It transcends the
religion, culture and tradition. It demystifies the mystical and unifies the community
community. I have seen it with my own eyes time and again in the seminars-
rivers that I have given all over the world.

In my advanced workshops where my colleagues and I evaluate the
biological and epigenetic changes in students, at the individual and
group, I use several principles described in this book (and also many
others) to teach them the scientific model of transformation. This

model continues to progress as the skills of our
students increase. I always like to include more in my workshops
quantum physics material to help them understand the possibilities. And
Then I combine it with the most cutting-edge information from neuroscience,
neuroendocrinology, epigenetics, cell biology, the science of
brain waves, energy psychology and psychoneuroimmunology.
We see that when we learn new information, possibilities emerge.
new.

As soon as our students know and accept this information,
can give more meaning to their meditations and their practices
temperate. But it is not enough to understand the information in an integral way.
lectual or conceptual. They must also be able to repeat what they have learned.
As soon as they understand this information that never stops progressing, this mo-
of the scientific that continues to evolve will be engraved more firmly in its
brain and then they can install the neurological hardware. And by repeating
what they have learned enough times, they will create a software program
ware in them. Applying this new information correctly will allow them to-
will have new experiences.

That is, as soon as they align their mind and body, they acquire wisdom.
laugh at the new experience by accepting the new emotion it produces.
Now they begin to express the acquired information because they are
chemically teaching your body to emotionally understand what
that your mind understands on an intellectual level. At this point they begin to
believe and know the truth. But what I wish is that instead of experiencing
If I repeat it just once, my students repeat the experience over and over again.
time until it becomes a skill, a habit or a state of mind
be new.

As soon as we can do this regularly, it will be ready to sur-
turn a new scientific paradigm, because anything that is repeated
tible is science. When you and I reach a level of competence in
that we can change our inner state with thoughts and
We repeat, observe, evaluate and document this experience,
We are about to create a new scientific law. It means that we can
We can contribute our new knowledge about the nature of the

reality to the current scientific model to raise awareness. This
It has been my ambition for years.

I have done my best to teach my ta-participants
Read the details of how inner practices change biologically-
mind, brain, and body so that they clearly understand what is
are doing. When we leave behind the conjectures, the dogmas or the

assumptions, we are more suggestible by quantum possibilities.
And great progress comes from great efforts. However,
results depend on one's abilities.

In my workshops, students isolate themselves from their lives for three, four
or five days to help them stop defining themselves by their reality
personal present-past. They learn to change their state of being with
looseness. By ceasing to reaffirm aspects of your old personality
that do not correspond to their future and act as if they were someone else
—or by reinventing a new personality—, they become the per-
a new sound that they imagine themselves to be, which is why they end up creating changes
epigenetic like those of the elders in chapter 4 who pretended to be
twenty-two years younger.

I wish that the participants of the retreats go in their meditations
beyond themselves—and their identities—so that they may experience the
state of bodylessness, selflessness, matterlessness, spacelessness and timelessness, and i
pour into pure consciousness. As soon as this happens to them, I have seen how
changes the brain and body, getting ahead of its environment (its family life)
liar) so that when you return to your daily life after the retreat is over, you will alrea
Do not continue to be victims of the unconscious conditioning of the
outside world. This is the sphere where the unusual and miraculous happen.

As I want to offer my students the proper instructions and the
opportunity to apply all the new information they are learning
so that they experience some kind of personal transformation, in the
In 2013 I created a new type of workshop. If you remember, I talked about it in the prefac
how I gave shape to this idea. In this new workshop (taught in fe-
February of that same year in Carefree, Arizona, and later in July in
Englewood, Colorado), I wanted to evaluate the transformation of my students
us in real time.

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My intention was that once I got those records, the data
became more information that I could use to teach others
participants more about the transformation they had just experienced.
And with that information they could experience another transformation that
you could also register, and so on, until you start closing
the gap between the two worlds of knowledge and experience.
I went to those workshops "Information for Transformation", the topic that
I am more passionate about it.

The change log

When I started the journey, I was lucky enough to meet Jeffrey Fannin, a
brilliant and talented neuroscientist who helped me selflessly
to record the brain activity of the workshop students. Dr.

Fannin, founder and executive director of the Center for Empowerment
Cognitive in Glendale, Arizona, has been working in the field of neuro-
Rocienza for more than fifteen years and has extensive experience in the training
brain training to achieve optimal performance. It is specialized
It is used in head trauma, embolisms, chronic pain, the disorder
attention deficit disorder (ADD) and attention deficit hyperactivity disorder
peractivity (ADHD), anxiety disorders, depression and re-
recovery from trauma, and also in high performance training
lie, such as the mental maps of the athlete, the enhancement of the
leadership skills by entraining brain waves,
enhancement of brain function, enhancement of mental dexterity
such and emotional, and personal transformation.

Over the years he has participated in cutting-edge research
using electroencephalography technology (which records the activity of
electrical capacity of neurons) to accurately assess the degree of
energetic balance of brain waves, a record he calls the
overall brain state of a person. His research focuses on
transcribe into the patterns of subconscious beliefs and merge success
personal with balanced brain performance.

Dr. Fannin has been part of a team of researchers from
Arizona State University who studied neuroscience and li-
decision with data collected at the United States Military Academy
from West Point. This research allowed him to co-develop and co-teach
"The Neuroscience of Leadership," a unique course taught at the University
Arizona State University. He also served as a professor at the college
from Walden University, near Phoenix, teaching neuroscience
cognitive at the master's and doctoral levels.

I invited Dr. Fannin and his team to those two workshops, in which
we record specific brain qualities and elements such as co-
inheritance versus incoherence (the order or disorder of brain waves)
rebrales, I talk about it in more detail in the next chapter), the ampli-
tude (the energy of brain waves), the organization of the phases (the
degree to which different parts of the brain function harmoniously
in unison), the relative time it takes for one to enter a state of
deep meditation (how long it takes to change brain waves and
in entering a more suggestible state), the zeta/alpha ratio (the
degree to which the brain functions holistically and how different
compartments of the brain communicate with each other in all regions
nes: the front part with the occipital, and the left part with the right),
the delta/zeta ratio (the ability to regulate and control chatter
mental and intrusive thoughts), and sustainability (the ability
of the brain to constantly maintain a state of meditation throughout
over time).

We also created four stations equipped with electroencephalography.

fos to record the bioelectrical activity of students' brains
both before and after the workshop, which allowed us to observe how
changed their brain wave patterns. We scanned more than
One hundred participants in each of the two workshops. I also selected the
four participants were randomly assigned to have their brains scanned in real time
during each of the three daily meditation sessions. In both
In the 2013 workshops, we collected a total of 402 electroencephalograms. The elec-
troencephalography is a safe and non-invasive technique in which the
They transfer 20 points of the brain using electrodes applied to the scalp.

hairy. These brain wave recordings provide a great
volume of information related to capacity at that time
brain performance.

Electroencephalograms later became electroencephalo-
quantitative graphs (EEGC), that is, in mathematical analysis and statistics
EEG activity statistics represented as a graph of the ma-
brain fat. This graph presents a color gradation that indicates
the brain activity recorded in the EEG compared with the activity
normal brain. The different colors and patterns represented at different
These frequencies offer greater information about how the patterns
of brain waves affect our thoughts, feelings, emotions
tions and behaviors.

As for beginners, the data we obtained showed
that 91 percent of the students scanned had improved their performance
brain function. At the end of the transformative meditation sessions,
In the end, most had moved from a less coherent brain state (or
less orderly) to a more coherent one. In addition, more than 82 percent
from the brain mappings of the quantitative EEGs recorded in both
workshops revealed that the students' brain activity was normal and
fury.

I learned that when our brain works properly, we-
we function properly. When the brain is more coherent,
We are more coherent. When the brain is at its fullest and
balance, we feel more full and balanced. When we regulate
our negative and intrusive thoughts on a daily basis, we are less ne-
negative and intrusive. And that is exactly what we witness in the
students of these workshops.

The national average time it takes to enter a station
meditative and to maintain it takes just over a minute and a half.' It is
That is, most subjects take that long to change brain waves.
rebrales and enter a meditative state. On the other hand, our students
It took them only fifty-nine seconds to do so in the 402 cases reported.
registered. Less than a minute. Some even changed their waves
brain (and their state of being) in just four, five and nine seconds.

I want to point out that I am not interested in turning it into a competition.
(since this would defeat our purpose). However, these da-
coughs illustrate two important points. The first is that going beyond the
analytical mind of beta waves and enter a more suggestive state
ble is a skill that can be improved through practice. And the second-
do, that students use the methods that my colleagues and I teach
to go beyond your thinking brain and enter the operating system
from the subconscious with relative ease.

Interestingly, our research also reveals a pattern
perceptible and systematic of how the brains of our students function-
It works holistically, since when a person meditates, a
important alternation of alpha/zeta wave patterns (how the dis-
red compartments of the brain communicate with each other) in the lobes
the frontal ones. This means that the two hemispheres of the brain communicate
in a more balanced and unified way. The proportion of patterns of
alpha/zeta waves in the frontal lobes that we observe repeatedly
In our students it apparently reflects the experience of a profound
gratitude and thankfulness that appears graphically again and again as
a rhythmic surge. When students find themselves in this intense
state of gratitude during the mental review, the record suggests that his ex-
inner experience is so real that they believe they are living the desired situation
given in real time or that has already materialized in your life. They feel
grateful because that's how we feel when our wishes are granted
comply.

An increase was also observed in experienced meditators.
in the ratio of zeta and alpha waves is low, which means they can
maintain an altered state of consciousness for a considerable period of time
rable. The increased regulation of slow waves was especially significant.
tive, while they were in the zeta state, these students presented
a higher than normal coherence or order of brain waves
between the activity of the front of the brain and the posterior regions
res of the same. We saw how the left frontal region, associated with the
positive emotions, were activated repeatedly, which is consistent with
a state of meditative bliss.

That is, when these students enter meditation they emit waves
slower and more coherent brain waves, suggesting that they are in a pro-
a state of relaxation and full awareness. In addition, the unification
relationship between the left and right hemispheres of the brain indicates that
feel happier and fuller.

The little light comes on for me

Finally, while observing the real-time brain mapping of a
student during a meditation in the first workshop, I understood something very
surprising. Looking at the scan of her brain, I saw that she was doing a
great effort and that his brain was increasingly abandoning the balance
librio and the deeper meditative states of alpha and zeta. I saw how
She analyzed and judged herself and her life, and the emotion she felt in
that moment, as evidenced by the higher brain waves einco-
hereditary associated with a high beta state (indicating a high degree of
stress, anxiety, excitement and emergency, as well as an imbalance
general).

I witnessed him trying in vain to use his brain to change the ce-
rebro. I knew he was also trying to change his ego with the ego, without
that didn't work for him either. By using a program to try to change
another, was just backing it up instead of rescheduling it. As an attempt-
was to change his subconscious from his conscious mind, he was not
locks in the operating system, where the real changes occur. More
I approached her later and when we spoke for a few minutes she admitted that
I had been through a lot of hardship during meditation. At that moment I realized
The little light came on and I knew exactly what I had to teach my
students below.

She had to detach herself and go beyond her body to change the
body, going beyond the ego to change the ego, going beyond the program
to change the program, and transcend the conscious mind to change
change the subconscious. It had to become the unknown to create the
unknown. Becoming a new and immaterial thought, in

matter, to create a new material experience. Go beyond time-
time and space to change time and space.

That student had to become pure consciousness, go beyond
their associations with an identity linked to their known environment (their ho-
gar, your job, your partner, your children, your problems), beyond your body
(your face, your sex, your age, your weight and your appearance), and beyond time (the
predictable habit of living in the past or the future, always missing the
present moment). He had to go beyond his current self to create a
new me. Getting out of his everyday life so that something more important could happen to
important.

When we are matter trying to change matter, we never
It will work. When we are particle trying to change the particle,
nothing will happen, because it will be vibrating at the same speed as the
We cannot alter matter. What influences it is our consciousness (or

intentional thought) and our energy (or elevated emotion). Only
we can change our brain, our body and our life, and
create a new future in the present, when we are aware.

And since consciousness is what gives form to all things and
that uses the brain and body to produce different mental levels,
As soon as you enter the state of pure consciousness, you are free. That's why
I started letting my students spend more time in meditation and
will enter the state of no self, no body, no matter, no space and no
time, until they felt comfortable in the infinite field of possibility
data.

I wanted the subjective consciousness of my students to merge with
the objective awareness of the field for longer periods of time
dilated. They had to find the delicious moment of the present and return
load your energy and attention into a void that was not really a
empty space, but filled with an infinity of possibilities, until it is
felt comfortable in the unknown. They could only begin to create
when they were truly present in that powerful place beyond
of space and time, the place from which all material things arise. It was
So when the real changes began to happen in the workshop,
bios.

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A quick look at brain scans

I would like to introduce you to two ways of interpreting brain scans.
so that you can see and understand the changes I am about to show you-
you. I'll simplify them. The first kind of exploration we use records
the levels of activity between brain regions (see Figure 10.2
which appears with the others in this chapter on the full-color pages in-
The scans show two relative kinds of this activity.
Hyperactivity (or overregulation) is represented with red lines.
that connect different parts of the brain. Imagine some tectonic lines
lephonic connecting one place with another so that both areas can be
communicate. An excess of red lines indicates too much brain activity.
bral. Hypoactivity (or lack of regulation) is represented with li-
blue lines indicating minimal information exchange
tion between different brain regions.

The thickness of the lines represents the standard deviation or degree of
dysregulation (or abnormal regulation) existing between the two co-locations
connected by the line. For example, the thin red lines indicate that the
The level of activity between these places presents 1.96 standard deviations.
res (DE) above normal. The thin blue lines indicate that the
The level of activity between these places is 1.96 SD below what
Normal. Lines of medium thickness reflect 2.58 SD above
(red) or below (blue) normal. When a scanner shows

If you see a lot of thick red lines, it means that the brain is
working too hard. And when a bunch of blue lines appear
thick, suggests that there is little communication between different areas of the
brain and is therefore hypoactive. Consider it in the following way-
black: the thicker the red line, the higher the amount of
information that the brain is processing, and the thicker the information
blue line, the lower the amount of information it processes.

The second kind of scanner we use comes from the analysis of the
quantitative EEG and is called a Z-score report. The score
Z-rate is a statistical measure that, in addition to indicating whether a score is
tion is above or below the average, it shows how far away it is

is within the normal range. The scale of this report ranges from -3
at +3 SD. The darker blue represents 3 or more SD below normal.
bad and the lightest blue 2.5 to 1 SD below normal. The green
Blue represents 0 to 1 SD below normal and green represents 0 to 1 SD below normal.
normal. Light green indicates the limit of normal, but 0 to 1 SD indicates
considered above normal. The yellow and light orange colors
represent 1 to 2 SD above normal, the darkest orange
2 to 2.5 ED above normal, and red, 3 or more ED per en-
above normal. (See Figure 10.3.)

The Z-score report we will be using is called relative power and
shows the amount of energy in the brain at different frequencies
companies. As the green color, as I have explained, indicates normal, the more
The more green there is on a scanner, the more that person is confirming
that your brain wave activity is normal. Each colored circle
do (looks like a head seen from above) represents what the brain
of that person is doing at each brain wave frequency. The
circle in the upper left of each scanner shows the frequency
lowest brain wave state (delta state), and each of the circles
that follow represents a higher brain wave state, going
progressively up to the higher beta brain waves in the in-
bottom right. One hertz, or Hz, equals one cycle per second in frequency.
brain wave frequency. It progresses, from left to right and from
up down, 1 to 4 cycles per second (delta), 4 to 8 cycles per second-
do (zeta), 8 to 13 cycles per second (alpha), and 13 to 30 or more cycles per
second (low beta and high beta). Beta activity can be divided
in different frequency bands, such as 12 to 15 hertz, 15 to 18
hertz, 18 to 25 hertz and 25 to 30 hertz.

The relative colors of each area show what is happening in each
one of the different brain wave states. For example, a mon-
blue-colored tone in most of a brain functioning at 1 cycle
per second in delta suggests that there is little activity in this class of on-
das. And if in the frontal lobe you see a lot of red color at 14 her-
alpha neurons, meaning that there is high activity in this region of the brain.

dad alpha.

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Please note that these measures can also be interpreted in different ways.
different way, depending on what the subject is doing during the exploration-
brain activity. For example, if 1 hertz delta appears in blue, it suggests that
Brain energy at this frequency is 3 SD below normal.
In clinical terms, it could be interpreted as abnormally low.
But since it was recorded when the subject was meditating, this exploration-
tion would actually suggest that the 1 hertz delta has opened the door to a
stronger connection to the collective conscious energy field, is-
Cir., by lowering the energy in the neocortex, one can enter more easily
to the autonomic nervous system. You will soon see several examples that
They show it to you clearly. For now, take another look at the figure.
ra 10.3. It will give you an overview of what I just explained.

Coherence versus incoherence

Now look at Figure 10.4. The image on the left (labeled "an-
meditation teas») represents a brain with a lot of chatter
inner ra. It is functioning at a high level of arousal (high beta) and is
quite incoherent. The thickness of the red lines shows that it works
3 SD above normal (the thicker the red line, the more
accelerated and unbalanced is the brain). When observing the red lines
you can see the excessive incoherent activity of the whole brain.
The blue part in front of the brain represents hypoactivity (2 to 3
(DE below normal) in the frontal lobes, revealing that it is-
are deactivated or turned off, so they are not slowing down the hyperactivity
life of the rest of the brain.

It's a brain with attention problems, it's so overloaded.
gado that doesn't have a boss to control the internal chatter. It's like a
satellite TV with 50 channels at full volume changing every
second. As too many rapid changes of attention occur from one
thought to another, the brain is too vigilant, excited, over-
charged and hyperregulated. We call it an incoherent brain pattern.
inherited because the different parts of the brain do not work in unison.

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Let's take a look at the second image (labeled <after the
meditation>). You don't have to be a neuroscientist to see the difference
difference between the first image and this one. Here you can barely see any lines
red or blue, which shows normal brain activity with very
little hyperactivity or hypoactivity. The inner chatter has ceased and the

brain works in a more holistic way. As the brain of this
person is now balanced, it can be said that he shows a pattern
more coherent. (The remaining activity in blue and red, as indicated by the
arrow, represents sensory-motor activity, that is, it means pro-
probably that the person moves or blinks, and is in a
rapid eye movement state, or REM [also called rapid eye movement],
which usually occurs in very light sleep.) This change was seen in one
of the workshop students after performing a single meditation.

Let's now analyze other studies from students of
the workshops. I'll tell you a little about each one's background so you can get an idea.
an idea of the state they were in when they started the workshop, and then
I will describe what the brain scans revealed and the new status
of the being that each one created.

Parkinson's is cured without any placebo or medication

Michelle before: This woman in her sixties was diagnosed with the disease
Parkinson's disease in 2011, after she noticed some tremors
progressive and involuntary pains in the left arm, hand and foot
two. In November 2012 he became a patient at the Institute
Barrow Neurological Center in Phoenix. His doctor told him that he probably
He had been suffering from it for ten to fifteen years and had to get used to it.
to the symptoms, because they would never go away. Michelle mentally prepared herself
to cope with the progressive physical limitations that he would suffer
as he aged. He started taking Azilect (rasagiline mesylate),
a Parkinson's medication that inhibits the dopamine response
na at the receptor sites to be broken down in the body with
slower. But the drug produced hardly any noticeable changes.

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Michelle decided to attend my workshops in November 2012. The month
December was extraordinary for her. Her daily routine of meditation
tion gave him a feeling of peace and joy that began to reduce his symptoms.
but in a perceptible way. She was sure that her way of acting
would help overcome Parkinson's.

He continued to experience incredible meditation sessions until ini-
February 2013. But in the middle of that month his mother was admitted
in the intensive care unit in Sarasota, Florida, and Michelle
had to fly to that place to be by his side. The day he returned in
plane to Arizona to attend our February 2013 workshop, his ma-
dre had just entered a hospice care center. The plane
Michelle landed in Phoenix an hour and a half before her appointment.
first brain scan. Needless to say, when we did it, he was
physically and emotionally exhausted, and the examination revealed great stress
who suffered.

However, towards the end of the workshop his state of being had become
more serene and positive, and the symptoms of Parkinson's were barely noticeable.
After completing the workshop, he returned to Florida to be with his mother again.
Although she and her mother had always had a difficult relationship,
due to the inner work she carried out in the workshop, Michelle gathered the su-
enough strength to support and pamper his mother, freeing himself from any
resentment that might have interfered with the love he felt for her.

However, due to the illness and death of his mother, and
also to the massive stroke suffered by his sister in Texas,
She was forced to fly back and forth from Florida to Texas to take care of her
family problems. His routine suffered greatly as a result and in June
Michelle stopped practicing her meditations. The obstacles had become
stood in his way and he had too many responsibilities. Leave
his meditations were like stopping taking the placebo. When he noticed
As his symptoms returned, he began meditating again and realized great
progress.

Michelle's scans: since she lives near Dr. Fan's clinic
nin in Arizona, we were able to follow their progress for more than five months

ses by performing a series of six periodic brain scans.
I would like to explain the evolution that it experienced during that time.

Look at the <before meditation> part of Figure 10.5. It is the
Scan performed at the workshop in February 2013 after Mi- arrived
Chelle from Florida, stressed and exhausted by her mother's illness.
The thick red lines indicate that your brain was functioning in
all areas 3 SD above normal. Reflects hyperactivity
dad, hyperincoherence and cerebral overregulation. In the disease
Parkinson's disease is very common. The lack of adequate neurotransmitters
two (specifically dopamine) causes neurons to manifest a
erratic communication system between each brain region in which
neural networks fire uncontrollably. This kind of acti-
Spastic or hyperactive neuronal activation affects the brain and body,
what involuntary motor functions prevent one from moving
normally.

Now take a look at the "after meditation" part of
the same figure. This is Michelle's brain after being cam-
changing his state of being over four days during meditation.
It is an almost normal brain, with very little hyperactivity, incoherence
or overregulation. At the end of the withdrawal, involuntary tremors,
Michelle's nervous tics or motor problems had disappeared
and his brain scan confirms this change.

Let us now return to the interpretation of the EEGC of Figure 10.6 A, labeled-
left "before meditation". If you look at it from the middle of the sec-
second row to the last one - the blue images - you will see that the cere-
Michelle's bro is not operating in alpha or beta state. Remember that
The blue color means low brain activity. In Alzheimer's disease
Parkinson's is usually represented by reduced cognitive activity,
a learning disability and lack of involvement. In this scan,
rebral it is appreciated that Michelle cannot consolidate any information-
new tion. It is impossible for him to retain an internal image because he does not
is producing alpha waves. Its very low beta wave patterns also
They also show that she has trouble staying alert. Like any
His brain energy is focused on dealing with his hyperincoherence, it is

like a 50-watt light bulb emitting a 10-watt light. Its energy-
brain activity is lower than normal.

If you now look at the "after meditation" part of the graph,
You will see a more coherent and balanced brain. The green areas of the
Most of the images marked with arrows represent an activity
normal and balanced brain function. Now your brain can function
in alpha and Michelle is able to enter inner states more easily
lity, better manage stress and access the subconscious operating system
sufficient to influence autonomic functions. It has even been normalized
from your beta activity (in green), indicating that you are more conscious,
vigilant and attentive. Her more balanced brain activity means that she now
have very few motor problems.

The red areas circled on the inside are functional
naming in high beta waves indicates anxiety. It is the attitude that Michelle
attempts to master and change through his inner work. Coincidentally,
Anxiety was what increased his Parkinsonian symptoms in the pa-
sad. As your anxiety decreases, the symptoms of paralysis
kinson also reduce. Now Michelle knows that when she has tem-
flowers means that you have lost balance in life. And by regulating your
internal states, is capable of changing its external reality.

Three months later, Dr. Fannin performed another brain scan.
in his office. The scan from May 9, 2013, in Figure 10.6 B
shows that Michelle's brain continues to improve, which is exactly
mind what she told us. Michelle continues to progress despite the
different stressful situations in your life. By meditating daily (consider-
give it as if you were taking a placebo every day), it is changing conti-
continually use your brain and body to transcend the conditions of your
environment. The scanner reveals that it has almost exceeded another standard deviation.
give that appeared in the previous scanner at the bottom of the graph.
It is clear that his anxiety is decreasing, so his en-
illness has also improved. Being less anxious means having
less tremors. Now you can maintain and memorize that state of the

be for a longer time and your brain reveals the changes that this brings to you
duce.

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In Michelle's brain scan on June 3, 2013, from the figu-
at 10.6 C, a slight setback in its progress is observed, although it remains
so much better than when he started. At that time he had stopped meditating
(and therefore taking the placebo), so his brain went back to what it was-
was used to it, getting a little worse. The brain with the arrow in the
13 hertz blue zone indicates hypoactivity in the sensorimotor area
tora, which made it harder for Michelle to control her tremors invo-
volunteers. In this brain wave pattern she has less energy
to control your body. The red areas circled in the
bottom of the scanner indicate your brain is returning to function
higher beta waves, which reflects their anxiety.

The June 27, 2013 scan of Figure 10.6 D reveals that Mi-
Chelle has started meditating again at the beginning of that month, which is why there is
great improvement in brain function. He has less anxiety
in general, as shown in red by the bottom row of 17
at 20 hertz. Now compare this scan with the following one from July 13
of 2013, after she attended our workshop, from figure 10.6 E. The
red part has decreased even more and the blue part of the alpha state that
appeared on his first scan in February (indicating hypoactivity) has
completely disappeared. Michelle continues to improve and her changes are
are becoming more systematic.

The new Michelle: she hardly ever experiences anything these days.
none of the involuntary motor symptoms of Alzheimer's disease
Parkinson's. When you sometimes get stressed or overly tired, you don't suffer
more than a minor nervous tic, and most of the time his ce-
rebro works optimally and normally. When Michelle feels
balanced and happy, and meditates daily, both she and her brain
work well. According to Michelle's claims—and the brain scans—
- the tests we continue to perform confirm this - he continues to improve every time
day more. He continues meditating because he understands that she has to be his
own placebo daily.

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John improves his brain trauma
and his spinal cord injury through his thoughts

The John of before: in November 2006 he broke his neck for the seventh time
ma cervical vertebra and the first thoracic vertebra when the car in the

who was traveling as a passenger went off the road at full speed and gave
several rollovers. Due to the impact he also suffered a serious
head trauma. The doctors immediately gave him the prognosis:
He would remain a quadriplegic for the rest of his life. He would never walk again.
He could barely use his arms and hands. Having dislocated them,
the spine was 100% intact, the spinal cord had
injured. But it was during the operation that doctors saw the
extent of his injuries. Two days later the neurologists informed him
They told John's wife that even though her husband's marrow was in
Somehow "intact", this kind of injuries could produce the same
effects than those of a severely damaged spinal cord. They do not
There was no other option than to wait and see how everything would go, as happens with ir
spinal cord.

When you find yourself caught up in the daily reality of living in a
intensive care unit and later in a rehabilitation center
tion, it is very difficult not to get carried away by negative thoughts.
When John and his family asked if there was any possibility of re-
recovery, the doctors responded that given the nature of the le-
sion, would never again be the same as before and that they should
accept the inevitable: John would be physically disabled for the rest of his life
life. Doctors stressed this message to them over and over again as part of
necessary part of the process of "moving on." But in some ways both
John and his wife refused to accept it.

I met John in 2009, when he was in a wheelchair, along with his
wife, his family and an amazing physical therapist who is an expert in neuroplas-
ticity. They are one of the most energetic and optimistic people that
I have ever met in my life and we enthusiastically began our journey together
cough.

John's Scans: Check out John's brain scan
"before meditation" in Figure 10.7. This first image reflects
considerable hypoactivity. His brain functioned at more than 3 degrees
below normal. John's brain coherence record,
in which these significant thick blue lines appear, is the opposite
to our study of Michelle's Parkinson's disease, in the
that thick red lines appeared. This scanner reveals in different
brain regions a decreased ability to function adequately
ly in unison. Their brain is inactive, lacks energy and has
a limited ability to respond to something regardless of the time
that he had. John could not be attentive and his awareness was limited.
Due to his traumatic injury, his brain showed stimulation
very low and a high level of incoherence.

Now look at his brain scan after four days of medication.
tation. In the first image, in the upper left margin,
yes, at 1 hertz delta, the red color indicates greater activity. In this

This case is a good sign because both hemispheres of the brain are
giving greater coherence in the delta state. John is starting to
show a more balanced dual brain process. As their traumatis-
brain activity is more visible in delta and zeta, hyperactivity in delta su-
suggests that your brain is waking up. The rest of your brain is functioning
nando in alpha and beta reveals a more balanced activity and a better
cognitive function. This indicates that you have better control over your mind and body.
po.

Now take a look at Figure 10.8. The blue color that appears in the
middle of the second row and reaching the end of the bottom row,
indicates an absence of alpha and beta waves. The blue color distributed throughout the
alpha and beta fields in the left and right hemispheres suggests that
is vegetating and operating on limited resources. The color blue
shows lower cognitive ability and reduced physical control.
John's mind is elsewhere.

After four days of meditation, 90 percent of the brain
John's is back to normal, as indicated by the ver-
It's a great advance! There is still some hypoactivity.

in the left hemisphere, where the arrows point, indicating al-
some problems with verbal and self-expression skills,
But this scanner is still much better than the first one. John
continues doing his meditations and the energy, balance and cohesion
the differences in his brain continue to increase. John has reactivated his
ancient dormant neural networks. His brain woke up, remembered
how it worked and now has the energy to function
better.

The new John: at the end of our February 2013 workshop he got
stand up. And he also regained control of his bowels and bladder.
ga. You can now stand in a more normal and integrated posture.
step, and moves with greater coordination. The frequency, the inten-
The severity and duration of his spastic tremors have decreased
considerably. He even does a free gym session every day.
cies with the help of his amazing therapist, B. Jill Runnion (director of the
Synapse Center for Neuroreactivation in Driggs, Idaho), which
He also studies my work and has the prodigious ability and resources
unlimited mental challenges to challenge John to overcome the after-effects of the trauma
matism and establish the right conditions in your life. The sen-
unaided legs that John performs have progressed from an angle of 10
degrees to one of 45.

Now he is able to bend his body into the posture of
sitting and doing a rehabilitation exercise that consists of tensing
the muscles of the legs and torso to push a weighted sled.

He has also managed to get on all fours by himself while lying down.
face down on the floor and is now starting to crawl.

A few months after participating in the workshop, cognitive function
John's condition improved significantly, leaving his medical team surprised.
I say. His progress has surpassed that of any of his specialists.
never seen in a patient with spinal cord injuries. It was like
if John were finally waking up and his scans showed that
can now access more of your body and brain. By having John in
currently a greater capacity to regulate your body, continues

having greater control over the inactive areas of your brain and
your body.

Their motor coordination and integration skills have improved.
has improved considerably and is now able to sit at the table without assistance.
with his feet flat on the floor. His fine motor skills have also improved
trained to the point of being able to hold a pen to sign his
name, use a smartphone to send text messages, co-
steering wheel to drive and hold a toothbrush. Their cam-
cognitive bios have made him more self-confident and feel
happier. His sense of humor has also improved and he is now
more aware than ever.

During the summer of 2013 John was able to go rafting with a
group of friends, of being clinging to the raft without help for six
hours a day and sleeping in a tent on the ground. He managed to live in
Idaho in the middle of nature, far from contact with the ex-
terior, for seven days and six nights. A year earlier it would have seemed
impossible to do. Every time John and I chat, he always
He tells me the same thing: "Doctor Joe, I have no idea what's happening to me-
do".

And I always answer him: "As soon as you know, John, there will be a pass-"
do everything. The unknown is beyond our understanding. Welcome
"nest be."

I would like to add one more thing about John's case. All the
The world knows that a spinal cord injury is not cured with conventional methods.
nationals. I'm sure it wasn't the subject matter that changed his mind
teria. That is, John's spinal cord injury did not improve because he had changed
of the chemicals or molecules in your body. From a
quantum perspective, to be able to alter the particles of matter
It was to radiate the coherent frequency of an intense energy that ele-
rod or drag the matter systematically to a new mind. De-
had to radiate a high energy or waves that vibrated at a frequency
faster than that of matter, and combine it with a clear intention.
Its energy is therefore the epiphenomenon of matter, that which is reproduced

gramming the genetic program and healing his spinal cord.

Information for Transformation: Proof That You Are the Placebo 303

Overcome your analytical mind and find happiness

The Kathy of before: this woman runs a large company and in addition to
being a lawyer, she is a devoted wife and mother. She was taught to be su-
very analytical and rational. He uses his brain daily to plan re-
results and be prepared for any eventuality based on
his experience. He started meditating after reading my books. At first
He realized how much he overanalyzed everything in his life. He had a
huge list of daily tasks and told me that his brain was always
working at full capacity. He confessed to me privately that he never lived in the present
tea.

Kathy's Scans: Check out Kathy's brain scan from
<before meditation> of Figure 10.9. The records of the proportion-
tion between delta and zeta waves represent their ability to maintain-
be focused and concentrated to process and manage thoughts
intrusive and trivial. The first arrow on the back right of
your brain, where the largest red area appears, shows that you are
seeing an image in his mind. The second arrow, near the area
The smaller red one on the left indicates that Kathy is speaking
inside with herself about those images. Her inner chatter
and the images make your brain stuck in a
loop.

In the "after meditation" scan, performed at the end of the ta-
ller, you can clearly see that Kathy's brain is in a
a more balanced, full, and normal state. Your brain no longer maintains a
internal chatter because it is integrating and processing the information
more efficiently. She is in a state of coherence. And this change-
bio in the state of your brain is accompanied by much more joy,
clarity and love.

Let's now take a look at the records on brain coherence
from Figure 10.10. At the beginning of the workshop, Kathy's brain was emitting on-
high beta levels, which reveals a state of great excitement, analysis and
emergency. The thick red lines in alpha and beta show that it works-

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3 DE above normal. Your brain is overactive and de-
balanced, and is extremely incoherent, and Khaty is also incapable of
control your anxiety.

Now look at the scan of "after meditation", performed on
last day of the February workshop. I suppose by now you know re-
to know a more balanced and normal brain, in which mu-
fewer high beta waves and much greater coherence.

Since Kathy still had work to do after the ta-
We decided to conduct an experiment because she lives in Phoenix and
could go to Dr. Fannin's clinic. He showed her the scan of a
EEGC (green) with the image of a healthy, balanced and
normal, and told him that was the goal he should focus on.
He said that when in his meditation he entered a new state every day
of the being, the goal of achieving this possible result will be set during the
twenty-nine days later. As from then on he was able to give more
meaning to the placebo, increased their intention to achieve it.

And the experiment worked. If you look at Figure 10.11 of the scanner of the
April 8, 2013, about six weeks later, you will see a bigger brain.
normal yet without any trace of anxiety (this appears in red).
Also, take a look at Figure 10.12. Can you see the progress that is being made?
between Kathy's scan on February 20, 2013, in which her brain
appears red when emitting brain waves of higher frequencies (of
21 to 30 hertz), and the end of the February workshop, where the scanner of his ce-
rebro now appears in green in the second image (so it is mu-
more normal)? The red areas reveal a high level of anxiety (on-
high beta levels) and excessive analysis because their brain waves
Higher frequencies (21 to 30 hertz) are hyperactive, your brain
was working too much. Instead, at the beginning of April (appears
(in Figure 10.13), Kathy's coherent brain is balanced and mu-
more synchronized cho. Currently she has a fully
different and says he feels like he is another person.

The new Kathy: says she has seen numerous positive changes in her
career, in your daily life and in your relationships. Meditate daily and the day

Information for transformation: Proof that the placebo is real 305

who thinks he has no time to meditate is when he makes sure above all
to find a space to do it. He understands that the attitude he desires
balanced his mind and his brain had to do with time and conditions
of their external environment. Now Kathy says that the answers to her
questions come to him more easily without having to put in as much effort as before.
Listen to your heart more often and when your mind is about to
enter one of those loops, he realizes immediately. He rarely falls into
them and behaves in a kinder and more patient manner. Being happier
inside, it also shows on the outside.

Heals fibroids by changing energy

Bonnie Before: In 2010 Bonnie started menstruating
very painful with excessive blood loss. He was diagnosed with
excessively high production of estrogen and was advised to start
to take bioidentical hormones. But at 40, this solution seems
too drastic.

Bonnie remembered that her mother had suffered the same symptoms.
but at his age. After taking this kind of hormones he had ended up mu-
laughing at bladder cancer. Even though there was no connection between
hormone therapy and bladder cancer, Bonnie realized that
had the same physical symptoms as his mother and did not want to develop
the same result.

As her vaginal bleeding began to lengthen (sometimes
(which lasted up to two weeks), she ended up becoming anemic and apathetic.
ca, and also gained almost 10 kilos. He lost about 2 liters of blood a
month during the menstrual period. After performing a pelvic sonogram
co, they confirmed that she had fibroids. They did a large number of
blood tests and they told her she was perimenopausal and that the most
It is likely that she had ovarian cysts. The specialist who
advised hormone therapy assured her that fibroid tumors did not
would disappear and he would continue to have abundant blood loss
the rest of his life.

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Elegíalazar Bonnie for one of my additional brain mappings
during a workshop I taught in Englewood, Colorado, in July of
2013. When I pointed at her to show her that I had chosen her
to have a scan, she was very embarrassed. Bonnie had started
I had my period the night before the workshop and had to get ready
customary very thick compresses to absorb the large amount of
blood that she lost during her period. When after several meas-
I asked the students to lie down, Bonnie was scared.
stain the floor with blood.

He even found it uncomfortable to sit down because of how painful his legs were.
menstruation. Even so, she decided to continue practicing the me-
meditation to quiet your mind. During the first meditation in the
who underwent brain mapping, Bonnie had an experience that
described as mystical. She felt her heart open and expand.
Throwing his head back involuntarily, he noticed that his breathing
changed him. Bonnie saw a light flooding his body and felt a tre-
mend peace. He also heard the words: "They love me, they have blessed me and
They have not forgotten me." During the meditation he burst into tears and
A scan of his brain revealed that he was in a state of bliss.

Bonnie's Scans: Check out Bonnie's EEG scanner
from Figure 10.14. We were fortunate enough to record
the entire experience in real time. The first graph shows an acti-
normal brain wave activity. Everything is balanced and calm.
If you look at the three scanners in Figure 10.15 that reflect what is-
was occurring during three different moments of the meditation, ve-
you will experience high energy and amplitude in your frontal lobes,
which represents that you are processing information and an emotion
very powerful. You are in an expanded state of consciousness, vi-
seeing peak moments at different intervals. Most of his
activity happens in zeta waves, it means that it has accessed the subcons-
patient. At that moment her inner experience is very real to her.
She is so focused on the thought that it becomes the experience.
The emotional quotient is represented by the amount of energy

(amplitude) that the brain is processing. Take a look at the height of
the lines the arrows point to. It's a very coherent energy,
Bonnie is in a heightened state of consciousness.

Now look at Figure 10.16. On Bonnie's EEG scanner
performed in real time an arrow appears pointing to the delta waves of
1 hertz illustrating its connection to the quantum field (represented
(in blue). In the frontal lobe of your brain also appears an intense
energy in the form of zeta waves (represented in red) that reflect
exactly what is happening on your EEG scanner. Look at the
red circle highlighting the frontal lobes and the arrow pointing to
a top view of the frontal lobe just below. The image that is-
What you are seeing is a snapshot of a movie of brain activity.
Bonnie throughout her meditation. As one of the functions of the lo-
frontal lump is to make thoughts real, which is experienced
chanting in zeta with her eyes closed is something very real to her.
I could say that Bonnie's inner experience was like a dream
very vivid lucid. The red arrow pointing to 12 hertz alpha waves
—which isolates the red zone from the center of the brain—, reflects the attempts of
Bonnie to make sense of her inner experience and how she then processes it
go what you are seeing with your mind's eye. The rest of your brain is
healthy and balanced (appears in green).

The new Bonnie: The experience of that day changed her in a positive way.
The energetic amplitude of his inner experience was greater than that of
any past experience of your external environment, that's why the imprint of
his past has biologically disappeared. The energy of the peak moment
from his meditation he replaced the programs recorded in his brain and the
emotional conditioning of your body, and it responded instantly
to the new mind, to the new consciousness. Bonnie had changed her st-
state of being. In less than twenty-four hours he stopped bleeding completely
complete. The symptoms of pain disappeared and he knew instinctively that

had been cured. During the months following her experience, the mens-
Bonnie's situation became normal and since that workshop she has not suffered again.
suffer excessive blood loss or pain.

An ecstatic experience

The Genevieve of yesteryear: This 45-year-old artist and musician lives in the Netherlands
and travels frequently due to his vocation. During the February workshop
Dr. Fannin and I were watching the brain scan of
Genevieve while she was meditating. In the middle of her inner journey, she
we begin to notice some important changes in its energy. When we see
both at the same time certain records on the scanner
Genevieve, we looked at each other knowing something was about to happen.
to happen. After a few moments, when we turned to look at her we saw
that she was crying for joy. She was in a joyful state of ecstasy and her
body was responding to it. We had never witnessed anything
equal.

Genevieve's scanners: Figure 10.17 shows a relatively small scanner.
normal mind before she started meditation. The green areas
spreading through the brain mean a healthy and balanced woman.
find a balanced brain. The blue areas where the
arrows indicate lower sensorimotor activity in alpha of a fre-
frequency of 13 to 14 hertz, before you start meditating, and probably
you a state caused by jet lag, since that day had just
arrive from Europe. But if you observe his brain during meditation, you see-
you will experience an overall increase in balance. What happens next is
something amazing. When we saw her reach that peak moment at the end-
end of meditation, we knew by looking at his scanners that in his ce-
there was a lot of energy again.

Now take a look at Figure 10.18. This kind of red activity,
which reveals large amounts of energy from brain waves
of all the variety of frequencies, suggests that Genevieve is
is in an extremely altered state of consciousness. Someone who does not
knew that she was meditating, he would say when he saw the scanner that reflected a
very high degree of anxiety or a psychotic state. But as she
said that he experienced a deep state of ecstasy, we know that the
red areas represent a lot of energy in your brain. This is

is 3 DE above normal. This is energy, in the form of
emotion stored in your body as mind, which, when released, becomes

leads back to the brain.

Figure 10.19 shows the reading of his EEG and validates this opinion. If
If you look again at the violet lines where the arrow appears, you will see that
This part of the brain is processing amounts of energy ten times
greater than normal. The area outlined in red indicates that the experience
experience is so emotionally deep that it is being stored in the
Genevieve's long-term memory. At the same time, she also
He is trying to interpret it verbally and make sense of what he is saying.
is happening right now. Maybe you're saying to yourself:
Oh my God! This is amazing. I feel wonderful! What is this feeling?
Am I lying? Your inner experience is as real as any ex-
terior and she's not trying to make it happen, it just happens to her. And neither
is visualizing nothing, but simply living a very moment
intense.

Interestingly, in the Colorado workshop in July we did it again
a scanner and Genevieve again showed the same energy changes
Ticos. When we passed him the microphone during both workshops so that
to tell us about his experience, the only thing he managed to say was that he loved the
life with such passion that his heart had suddenly opened and he had
had felt connected to something bigger than herself. Immersed in a
state of beatitude, he added that he felt so good that he wanted to live the pre-
feel. If you look at Figure 10.20, you will see that in the July workshop his brain
shows the same patterns and effects as those in the February workshop. Va-
Several months later he was still experiencing the same thing. His transformation
personal experience had truly changed her.

The new Genevieve: after finishing the July workshop I spoke with her again
several weeks later. He told me that he was no longer the same person as
when the year began. Now he has a deeper mind, he is more
present and is much more creative. She feels a great love for everything and
More importantly, it feels so good that you no longer believe you need or need to-
laugh at nothing. She feels full.

Beatitude: the mind leaves the body

The Maria of before: Maria is an extremely practical person with a
normal brain activity. During the first meditation of the day,
forty-five minutes long, he experienced after a few ins-
so many important changes in their brain waves.

Maria's scanners: take a look at figure 10.21 and notice the di-
difference between Maria's normal brain waves and her state of ex-
stasis. I watched her as she entered an intense state of growing

energy, it seemed like he was experiencing an orgasm in his brain
bro. Your scan shows a fully active brain having an ex-
complete kundalini experience (kundalini is the latent energy stored in
nothing in the body that upon awakening produces certain states in the brain
higher levels of consciousness and energy). If you look at the Ma-scanners
ria, you will see that all areas of your brain are experiencing a
very intense energy. The kundalini energy upon awakening rises from the base of
the spine until it reaches the top of the brain, and at that moment pro-
produces an extremely profound mystical experience. Many students
of the workshops have had those brain orgasms. In the scanner of Ma-
ria all the regions of your brain are full of energy and its waves
brain waves show an amplitude three or four times greater than normal.
bad. Their brain is coherent and very synchronized. If you look at the s-
you will see that the state of ecstasy comes in waves, like an orgasm.
Maria isn't trying to provoke it, it just happens to her.
your brain participates in it, hence you feel flooded by a torrent
of energy.

The new Maria: she continues to have mystical experiences today
similar. Every time they happen to her, she says she feels more relaxed,
conscious, attentive, and full. It welcomes the next unknown moment.
known that it is about to arrive.

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Now it's your turn

These few examples (selected from many other documents)
states) demonstrate that it is possible to teach the placebo effect. Now that
You have received all this information, the stories and evidence of what it is
possible, it's time for you to learn to "put it into practice" to live your
own transformation. The next two chapters describe the steps
to begin your personal meditation process. I hope you apply
all the knowledge you have learned so far so that
notice the truth of your efforts. As soon as you receive the necessary tools
necessary to cross the River of Change, I hope to see you on the other shore.

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NORMAL BRAIN WAVE ACTIVITY

ECSTATIC EXPERIENCE OF THE KUNDALINI

Figure 10.21

Second
TRANSFORMATION

11

Preparations for meditation

Now that you have read and assimilated the information from the first part, you are ready to move on to the second one, which deals with transformation. In In this chapter I will talk about what you need to know to learn how to mea- tar, so when you get to the next one you'll be ready to take it to cape. All the participants in this book who changed something about themselves themselves had to go inside themselves and change their state state of being. Consider your meditation practice as a way of taking a placebo daily. The only difference is that instead of take a pill, you will go inside yourself. And with the passage of time Over time your meditation will resemble your belief in medication.

When to meditate

The two most suitable times of the day to meditate are just before before going to bed at night and just after getting up in the morning, because when you fall asleep you go through the entire spectrum of cerebral waves rebrales: you go from the beta state of wakefulness to the slower alpha state, when- you close your eyes; then you dive into zeta, a brain wave state slower brales where you are half awake, half asleep, and Finally you enter the delta state of deep sleep. And when you wake up In the morning you do the same cycle again, but in reverse: from the From delta you move on to zeta, alpha and finally beta, where you are now fully awake and conscious.

If you meditate before going to bed or when you just wake up, you will re-

It will be easier to immerse yourself in alpha or zeta brain waves, you will be more "pumped" to acquire an altered state, because it is the direction of the one you just came to or the one you are about to go to. You could say that At these two times of the day the door to the subconscious is open. Personally I prefer to meditate in the morning, but any of these two times is suitable. Choose the one that suits you best and stick to it. If If you manage to meditate daily, it will eventually become a good habit and It will be something you will look forward to doing every day.

Where to meditate

As for the place to meditate, the most important thing is to choose one in the Don't get distracted. As you'll be disconnecting from the physical world outside, choose a quiet place where you can be alone without being disturbed break in (other people or pets), a place you can go every day and use regularly as your sacred meditation space.

I do not advise you to meditate in bed, since you associate it with sleep.

year. (For the same reason, I also do not advise you to meditate lying down or in a reclining chair.) Meditate sitting in a chair or on the floor for a hour, in a room without drafts and with a temperature pleasant.

If you prefer to meditate with music, choose a soft and relaxing one, with ins- instruments that induce a trance state or with mantras. (If you are not In a quiet place, playing relaxing music will help you absorb (keep the background noise down.) But don't put on music that brings back memories. two from the past or that distracts you in any way. Turn off the computer and disconnect the telephone if these devices are in the room. And try to avoid the smell of coffee or cooking food. If you wish, wear an eye mask or earplugs to further isolate yourself. via the outside, since the objective of your preparations is to eliminate the ma- as much external stimuli as possible.

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Feel comfortable

Put on comfortable, loose clothing and remove your wristwatch or any other any jewelry that might distract you. If you wear glasses, take them off. Take a little of water before sitting down to meditate and leave a glass within reach in case you need you need to take more. Go to the bathroom before starting the session and try to occupy part of any other similar physiological need so that you do not get distracted bring during meditation.

Whether you decide to meditate sitting in a chair or with your legs crossed, you hit the floor, keep your back straight. Relax your body, even if you don't to the point of drowsiness, since your mind must be alert. If you du- During meditation you start nodding, it means that you are entering into a state of slower brain waves, so don't worry about- too much. With practice your body will eventually get used to it and you won't want to fall asleep.

When you begin to meditate, close your eyes and breathe deeply and slowly. several times. After a while you will leave the beta state and enter in the alpha. This more relaxing, yet attentive state, in which your frontal lobe, like when you read, lowers the volume of your circuits brain that processes time and space. Although at first you take a little while to get into zeta—the next slowest brain waves— tas—, with practice you will be able to reduce your brain frequency more yet. The zeta state is when your body is asleep and your mind is awake. Pierta, and when you enter it you will be able to change programs more easily automatic mechanisms of your body.

Duration of meditation

Even if your meditation session lasts from forty-five minutes to one
hour, if possible reserve a little more time for your mind
calm down before you start. If you have to finish at a specific time,
to, set the alarm clock to ring ten minutes earlier
to finish the meditation, so you don't end the session abruptly.

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Don't let time distract you. Remember that besides isolating yourself from the
sensory stimuli, you are also trying to lose track of
time, and if you don't stop worrying about it you won't be able to do it. If
you need a few more minutes a day to meditate without getting distracted, plan-
try getting up earlier or going to bed later.

The Forging of Self-Mastery

Beware of a very common obstacle that me-
Novice editors. Every time you start to change something in your life, your
body—as mind—will send signals to your brain to recover
lose control. And before you know it, you'll be hearing voices
positives in your head like: Why don't you start meditating tomorrow?
You look too much like your mother! What's wrong with you? You'll never change.
This doesn't quite convince me. It's the body trying to knock you off the
mount to become the mind again. Perhaps unconsciously he has
You've already been conditioned to feel impatient, frustrated, unhappy, victimized, or
pessimistic, to give some examples. That's how you want to behave
subconsciously.

As soon as you respond to those inner voices as if what you are
If you were saying it was true, you are once again getting carried away by the programs au
Tomatoes already think, act and feel the same as always, despite continuing
waiting for something to change in your life. If you use your feelings and emotions
tions as a barometer for change, you will never achieve it. But if
Instead, you free the body from the chains of these emotions, you will be able to
relax in the present (I talk about this later in this chapter with
greater depth) and tap into the pent-up energy you've released
in your body—going from particle to wave—to create a new
destiny. To achieve this and teach your body a new way of being, you have
you have to force him to sit down and meditate and show him who is the one who man-
yes.

We have a ranch with 18 horses and cultivate self-control to
Meditating mindfully reminds me of riding my stallion

Preparations for Meditation 345

preferred after a while without doing so. When I got on the
chair, he completely ignores me. He sniffs at the mares on the other side
end of the property and that's when he gets distracted. It's like I
was saying, "Where have you been for the last eight months? During-
In your absence I have acquired some bad habits, the girls are there and
Since I don't care what you want to do, I'll have you fired from the
mount. I'm the one in charge." He becomes irritable, temperamental and
controller, and tries to knock me off the chair by sticking to the fence of the
track. But I pay attention and when I see the ca-
beza towards the mares, I control it.

As soon as he does, I slowly but firmly pull on the reins and
I wait. After a while the stallion stops and snorts loudly.
and I stroke him saying, "Very good." And we take two more steps, and
When I see that he starts to turn his head a little towards the mares, I turn back
I'm going to stop him and wait. And he lets out another powerful snort, knowing that
I'm the one who takes the reins, and then we move forward again. I continue to apply-
when this system finally listens to me.

This gentle yet firm way of redirecting your attention when
getting distracted is the same method we use with the body when we
We sit down to meditate. Consider your body as the animal that you, as
awareness, you are training. Every time you notice that you are distracted,
You refocus again in this way, conditioning your body
to a new mind. You are mastering yourself and your past.

Let's say, for example, that when you wake up in the morning you are waiting for
a list of people to call, a list of tasks to do, and 35
text messages to answer, and your 35 emails to correspond to-
corresponding. If the first thing you do every morning is start thinking
In all these tasks, your body will already be living in the future. When
You sit down to meditate, it is normal for your mind to want to go in that direction.
tion. And if you allow it, your brain and your body will find themselves in that
foreseeable future because you are expecting the outcome based on the
same experience as yesterday.

So as soon as you start to notice your mind wandering to that
direction, pull the reins, calm your body and bring it back to the present

you, like when I ride my stallion. And if you then stop to think:
Yes, but I have to do this, I forgot about that other thing and I have to take care of
What I didn't have time to do yesterday, bring your mind back to the pre-
feel. And if it keeps happening to you and this situation causes you frustration, im-
patience, worry and other similar emotions, remember that it is
Whatever emotion you are feeling, it is in the past. It frees you
You half notice it, you become aware of it: Ah! My body-mind
wants to go back in time. Okay. I'll focus and relax him so he can get back to the

present.

Just like your mind, your body also wants to distract you. It wants
make you feel nauseous, make you feel pain or make a spot itch in the middle of your mouth
your back, but if it happens to you, remember that it is nothing more than the body trying
being the mind. When you master it, you are transcending it. If you manage
master it every time you meditate, when you return to your daily life is-
You will be more present, attentive and aware, and fewer things will happen to you unnotic
tides.

And sooner or later, just like my stallion who ends up making me
case and obey my orders without letting the mares or any other
nothing distracts you, your body will follow your mind during meditation
without being carried away by any thought that comes to mind. And
When horse and rider are one, when mind and body act in unison
unison, there is no better feeling than this, it is a new state of being.
Something that gives you tremendous strength.

An altered state of consciousness

The meditation that I will present to you in the next chapter begins with
a Buddhist technique called open focus. It is very useful for entering into
the altered state of consciousness we are trying to achieve, already
that by living daily in a state of survival, immersed in the hor-
stress monkeys, our focus of attention is very limited. We only
we look at things, people and problems (focusing on the
particle or matter and not in the wave or energy), and we define reality

with our senses. This kind of attention is focused on the ob-
jets.'

By putting all our attention on the outside world—which at this moment
state seems more real to us than the interior—our brain works
In beta waves of the highest range, the most reactive, unstable and vo-
everyone's lattice. The great state of alert in which we live prevents us
create, imagine, solve problems, learn new things or heal ourselves.
And this state is not conducive to meditation at all either. Activity
brain's electrical current increases, as well as heart rate and respiratory rate.
river due to the fight or flight response. Our body does not have
then of too many resources, or none at all, for growth and
optimal health, because it is always on the defensive, trying to protect
bring us together and help us face another day.

In these unfavorable conditions our brain tends to
compartmentalize, that is, certain brain regions begin to function
act without regard for the others instead of going in unison, and some

They even work against each other, as if we were stepping on the brakes and the accelerator at the same time. It's a divided home that goes against his.

The different parts of the brain, in addition to not communicating adequately, ly between them, they stop communicating with the body efficiently and order. And as the brain and central nervous system control and coordinate the other systems of our body—such as the heartbeat heart, lung respiration, digestion, waste elimination duos, control of metabolism, regulation of the immune system, hormonal balance and many other functions—we lose balance brio. Our brain sends disordered messages and "disintegrated" signals "steps" from the spinal cord to the rest of the body, so no system receives a clear message, the messages become very incoherent. rents.

Imagine the immune system responding, "I don't know how to create lymphocytes of these instructions." And then the digestive system saying: "I don't know whether to secrete gastric acids first in the stomach or in the intestine. thin intestine. I don't understand the orders you give me.

At the same time, the cardiovascular system cries out in complaint: "I don't know if my heart should beat rhythmically or not, because the signals I'm receiving are very arrhythmic! Is there another lion around? "chando in the corner?"

This state of imbalance prevents us from maintaining homeostasis or balance, and it is easy to see how it encourages disease, producing arrhythmias or hypertension (unbalanced cardiovascular system); indi- management and gastric reflux (unbalanced digestive system); and the ten- tendency to suffer from colds, allergies, cancer, rheumatoid arthritis and others ailments (immune function has lost balance), to name a few few examples.

This state—in which our brain waves become confused— and are filled with interference— is what I have addressed in the previous chapter called a state of incoherence. There is no rhythm or order in the brain waves or the messages that the brain sends to the body, It is an absolute joy.

In open focus meditation, on the other hand, we close our eyes, we stop focusing on the outside world and its stimuli, and instead we direct our attention to the space around us (on the wave instead of the particle). This technique works because when we are perceiving In this space, we are not looking at anything material nor are we thinking. Our brain wave patterns shift to a more alpha state calm and creative (and then to the zeta waves). In this state of ours inner world becomes more real to us than the outer world, that is,

It is much more favorable to make the changes we want.

Research shows that when we use the focus technique,
that properly opened, the brain begins to become more organi-
synchronized and its different compartments work in uni-
I sound with greater order. And what is synchronized is united.
This degree of coherence allows the brain to send more cohesive signals.
rents from the nervous system to the rest of the body, and then everything starts
piece to function at the same rhythm, acting in unison. Instead of pro-
produce a din, our brain and our body now interpret
a beautiful symphony, so we feel more full, integrated and

balanced. In our workshops my colleagues and I are always seeing
pre this kind of brain changes in most students esca-
neados, that's why we know this technique works.

The delicious moment of the present

When you master the technique of open focus, the meditation that has
will lead you to discover the present. This state of presence makes
you can access possibilities at the quantum level that you were not previously aware of.
you had access. Remember I said that in the quantum field the par-
subatomic particles exist simultaneously in an infinite number of positions
bilities? For this to be true, the quantum universe must have a
infinite number of timelines simultaneously containing all
you give those possibilities and not a single timeline. In reality, each
experience—past, present, and future—of everything that exists, from
the tiniest microorganism to the most advanced culture
universe, is present in the field of unlimited information called the
"quantum field". Although he said that in the quantum world the
Time does not exist, it actually contains all time simultaneously,
the only thing that is not the kind of linear time that we know.

As the quantum model of reality says, in the present moment
There are all possibilities. But if you wake up every morning and do the
same old series of things—you make the same decisions that lead you
They go to the same behaviors that create the experiences that produce the
same emotional results—means that you are not open to any
of those other possibilities and that you are not going anywhere new.

Look at Figure 11.1. The circle represents you in the present.
a certain timeline. The line on the left represents your
past, and the one on the right your future. Let's say that every day when you wake up
You go to the bathroom, brush your teeth, take the dog for a walk, have coffee or tea,
You eat the same breakfast, you dress the same way, you take the same route
when driving... Each of these episodes is represented by a

point on the timeline of your immediate future.

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THE PAST IS THE FUTURE

SAME
* THOUGHTS
* DECISIONS
* BEHAVIORS
* EXPERIENCES

and EMOTIONS

5 3000000 NOW

PAST J same TIMELINE, FUTURE J

FIGURE 11.1

Each point on the timeline represents the same thought, decision, behavior, experience and emotion over the past days, weeks, months and even years. That's why the past becomes the future. Like a habit is a series of automatic and redundant thoughts, actions, and feelings acquired by repeating them frequently, that is, when the body becomes mind, it means that you are programmed to live in the same foreseeable future as always based on your past state of being. And if you memorize the emotions that keep you anchored in the past, and those feelings create your thoughts, it means that your body is literally living in the past. So you rarely live in the present.

Let's say you've been following the same routine for ten years. 'Your body is programmed by the habit of living in the future, based in your past, because as you begin to emotionally expect

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that each of these episodes occurs in your timeline, your body (as unconscious mind) believes it is the same predictable reality of always. And the same emotion sends the same signals to the same genes, and now you live in that foreseeable future timeline. In fact, po-

you could take that timeline from the past, lift it up, and put it in the future
turo, because in that scenario your past is your future. You are like those
people who created neural networks in their brains by imagining that
played the same series of notes on the piano, and as those who changed their
body by imagining that they were exercising their fingers, you are "pumping" your cer-
regrowth and conditioning your body to live the same future as always
while you mentally review the same predictable scenario from yesterday.

Living like this you can never find the present because your brain and
your body are already living in a known future reality based on
the past. Now look at all those points on your timeline that
They represent the decisions, habits, actions and experiences that create the
same old emotions to remind you of your feelings. There is no
space for something new or unknown, or unfamiliar, to emerge in your life
common or miraculous, because these points are very close together. It would be too-
annoying and your routine would be ruined. How uncomfortable would it be if
something new arises in the life of a person who is planning his future
turn based on the past!

Keep in mind that when you start a meditation practice, if the
you add it as if it were just another thing on your timeline, you will be
seeing it as just another task on your list and by approaching it this way you don't
you will be able to find the present. To achieve what you want, healing-
you and creating lasting changes in your life, you must fully live the
present instead of thinking about the next foreseeable situation that may occur
will appear on your timeline.

It's like that because where you put your attention, you put your energy. That is
that even if you only pay a little attention to things, people,
the places or episodes of your external environment, you will be reaffirming
that reality. And if you have the habit of obsessing over time,
thinking about the past (what is known) or the future, based on your past
(so it is also the known), you will be missing the present,

where all possibilities exist. When you focus on the known,
You, as a quantum observer, will only get that. You will be making
all the possibilities of the quantum field collapse into the same pa-
information hubs that make up your life.

To access the unlimited potential that is waiting for you in the field-
quantum, you must forget about the known (your body, your face, your
sex, your race, your profession and even your concept of what you have to do
today) and immerse yourself for a while in the unknown: in the bodyless, selfless, ma-
teria, without space and without time. You must become pure consciousness (in
nothing more than a thought or a consciousness in a vacuum of potential
cials) so that your brain changes.

And when the body tries to distract you, but you continue to dominate it and

forcing him to return to the present again and again until he listens to you, such as
As I explained to you before, that line that goes towards the future will stop
exist, because your body will no longer continue to live in that foreseeable destiny-
ble. You will have disconnected from it or stopped activating the circuits
energetics related to it.

Likewise, if your body is conditioned and hooked on the
memorized emotions that keep you tied to the past, but you manage
master it and focus it every time you feel angry or frustrated until
that is given to the present, that line that goes to the past will also cease
exist. You will have disconnected from it. And when the two lines, yours
past and that of your future disappear, your predictable genetic destiny
will also fade away.

At that moment there will no longer be any past that leads you to the future,
nor any foreseeable future based on the past. You will live only in the pre-
feel, where you can access all those potentials and possibilities. And
The more time you invest in the unknown by disconnecting from those
timelines and stay in those possibilities, more energy is released
you will be rare of your body and you will have more to create something new. The figure
11.2 demonstrates how the past and future cease to exist when the ce-
regrowth and the body live totally in the present. When the present ceases to exist,
predictable reality of the known, you find yourself in the unknown realm
of the possibilities.

Preparations for meditation

THE PRESENT CREATES A NEW FUTURE
UNKNOWN—NEW POSSIBILITIES J

NEW TIMELINES

NEW

* THOUGHTS ammmmnm = $”

» DECISIONS

* CONDUCTS ü mxxxxx >
and EXPERIENCES

» EMOTIONS >

IT NO LONGER EXISTS IT NO LONGER EXISTS
THE SAME NOW] himself

PAST FUTURE

FIGURE 11.2

When you find the delicious moment of the present and forget
of you as the same personality as always, you can access
to other possibilities that already exist in the quantum field,
because you stop being connected to the same body-mind,

to the same identification with the environment, and to the same line
of foreseeable time. They no longer exist literally the same
past and the same old future, and you become pure
consciousness, in just thought. It is the moment when
You can change your body, change something in your environment
and create a new timeline.

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The meditation described in the next chapter includes a space of
time to remain in the powerful sphere of the unknown, in the
emptiness of possibilities, and invest your energy in the emptiness of potential-
that exists in the present. Remember that even if it seems like there is no
nothing in it, it is not just emptiness, but the quantum field filled with ener-
gy and possibilities.

When my colleagues and I examine our students in the ta-
advanced lleres who were able to become pure consciousness
-a thought detached from this known reality-we saw the great-
advances they made in their ability to change their cere-
bro, his body and his life. If the placebo consists of changing the body for
through thoughts, in that case a very important step is to con-
pour yourself into a thought and nothing more.

He sees everything without eyes

The following example, one of my favorites, illustrates what can happen
when we focus on the unknown during meditation. No
A long time ago I gave a workshop in Sydney, Australia, and while I was directing
In a meditation I asked the participants to enter the state of
without body, without self, without matter, without space and without time for it to be co
poured into pure consciousness and remained in the unknown (as
you will do in the next chapter).

As I watched the group meditating, I noticed a woman named

Sophia meditating sitting with her eyes closed like the others in
the third row. And suddenly I saw his energy change. Something in me
She said to wave to her, and I did, and she waved back.
holding my hand without opening my eyes! I signaled to two of my instructors
to the toes at the other end of the room to come. When
When they arrived I pointed at Sophia and she greeted me again with
the hand without opening the eyes at any time.

"How is this possible?" the instructors whispered to me.

"He's seeing everything without using his eyes," I replied.

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As I said, when we focus on the unknown, we
Unknown things happen. At the end of the Sydney workshop, we gave another
more advanced in Melbourne a week later and Sophia too
participated in it.

"Hey, I saw you and your instructors!" he said, and then he
He described everything that had happened in the room during the meditation.
while she had her eyes closed. She was extremely accurate in
everything. After the workshop Sophia decided to apply to be part of
My team of instructors and I chose her for her unusual ability. Several
Months later he attended the instructor training course.

In these kinds of courses, at the end of each day I always ask the new
You instructors to close your eyes while I review for thirty minutes
utes the lessons of the day to reactivate the new circuits in your me-
long-term death. While he did so, Sophia sat with the
eyes closed, but suddenly opened them, shook his head, and opened them again
close and turned to look behind him, and then stared at me
with a look of surprise. After doing the same thing several times,
I indicated with a gesture that he should continue meditating and that we would talk more
late.

Sophia not only saw what was in front of her with her eyes closed while
after meditating, but told me that I now had a field of vision of
360 degrees. He saw what was in front of him, behind him, and around him at the same time.
time. As I had acquired the habit of seeing things with my eyes
open all my life, I kept opening and closing them while meditating-
ba to check what I had already seen.

Dr. Fannin was also in that training course.
We dedicated ourselves to scanning the brains of some of the instructors to
to know what brain wave patterns we were going to record in the students
us from our first advanced workshop in Arizona. When it was his turn
Sophia's turn, I didn't tell Dr. Fannin anything about her. He co-
connected to the electroencephalograph and while she had her back to us, we
We started looking at the scanner on the screen. Suddenly we saw that it was ac-

activated the back of Sophie's brain, where the
visual cortex.

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"Oh, look!" Dr. Fannin whispered to me. "He's visualizing!"

"No," I answered quietly, shaking my head. "He's not alive."
performing.

"What do you mean?" he said, moving only his lips so that
she wouldn't hear him.

— He's seeing images — I muttered.

"What do you mean?" he repeated, confused.

I waved to her so he could see for himself. And Sophia,
who was standing with his back to me, raised his hand, turned his palm towards me and
returned the greeting. It was amazing. The proof was on the scanner: she
I was seeing everything without using my eyes. My visual cortex was processing
ing the information as if he were seeing it, but it was his brain that was
that he did it and not his eyes.

As I said, if you focus your attention on the unknown, you will be lost.
unknown things. Are you ready to see for yourself?

12

Meditation to change
beliefs and perceptions

In this chapter I will present you with a guided meditation designed to help you
give you the opportunity to change some of the beliefs or perceptions you have about yours
or your life. I advise you to reflect while listening to the recording of
This meditation (helps you change two beliefs or perceptions of yours and
lasts an hour), or a shorter version (helps you change a
belief or perception and lasts forty-five minutes). Both meditations
You can purchase these on CD or MP3 on my website (www.drjoedispen-
za.com). The one-hour meditation version is titled: You Are the Placebo
you: change two beliefs and perceptions, and the forty-five minute one:
The placebo is you: change a belief and perception. Or if you prefer, you can
unrecord it yourself by reading the text of either version
of meditation (you will find them in the Appendix).

Remember that these beliefs and perceptions are sub-states of being.
conscious. They begin as thoughts and feelings that we experience

you mention it over and over again, until eventually they become habits
or automatisms, and at that point they form an attitude. Attitudes are
unite and become beliefs, and beliefs unite and become
in perceptions. Over time this redundancy creates a
vision of the world and of yourself that is mostly subconscious. It affects
your relationships, your behaviors, and everything in your life.

If you want to change a belief or perception, you must first change your
state of being. And changing your state of being means changing your energy,
Because in order to affect matter, you must become more energy

and less in matter, more in wave and less in particle. And for this we-
bes combine a clear intention with an elevated emotion, these are
the two ingredients.

As you have already seen, this process involves making a decision that ends-
It carries an energy powerful enough to make your thoughts
about the new belief becomes an experience that leaves you with a
powerful emotional imprint, which will change you at some level in that
moment. This is how you change your biology, you become your own
placebo and you make your mind matter. We've all had experiences
cies that have affected our biology to a greater or lesser degree. ;Re-
strings the Cambodian women of chapter 7 who developed pro-
vision problems due to the horrors they were forced to witness
when the Khmer Rouge were in power? Even if it is a
extreme example, you can use the same principle to create change
positive.

To achieve this, the new experience must be more intense than the previous one.
from the past. That is, the inner experience you experience when meditating
must have a greater amplitude—a more powerful energy—than that of
the external experience of the past that created the belief and perception
that you want to change. The body must respond to a new mind. De-
kiss feel that elevated emotion with all your heart, you have to be po-
get goosebumps. You have to feel excited, inspired, in-
conquerable and strong.

In this meditation I will give you the opportunity to change two beliefs
and perceptions about yourself. Before you begin, decide which two you
you want to change. You can choose one of the most common limiting beliefs
munes listed in chapter 7, or whichever you want, such as: Always
I will have this pain or this illness, Life is too hard, People
is unfriendly, Success requires a lot of work or I will never change.

Once you have chosen them, draw a vertical line in the middle of one
sheet of paper. On the left side, write the two beliefs and perceptions
tions you want to change, one on top of the other.

Then ask yourself for a minute: If I no longer want to believe
in those things or perceive them, what is it that I wish to believe and perceive about mys

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And my life? And if I believed and perceived these new things, how would I feel?
Write down the new beliefs and perceptions you want to have in the par-
right side of the sheet.

As you will soon see, this meditation is made up of three parts.

—The first part is induction, in which you apply the technique of
open approach described in the previous chapter to enter into some es-
more coherent states of alpha or zeta waves in which you are more suggestible-
nable. It is essential to do so, because you can only truly influence
your health and become the placebo when your level of suggestibility increases
questionability.

—In the second part you discover the present and you immerse yourself in the emptiness
quantum reality, where all possibilities exist.

—And in the third, you change your beliefs and perceptions. To describe
To tell you what you will do when you sit down to meditate, I will give you some instructi
tions at the beginning of each part and then the text of the part will appear in italics.
meditation.

If you are an experienced meditator, do meditation if you prefer.
the whole thing the first time. And if you're a beginner, practice if you want the first t
part for one week, then add the second part the following week
and the third one the following week. Either way, keep doing the
same meditation daily until you see some changes occur
in your life.

If you are already practicing the meditation I describe in Stop Being You,
Please note that the meditation in this book is completely different,
although you find some similarities in the way both me-
dictions begin (the induction phase). If you can only do one
daily meditation session, I advise you to try this meditation
new for several months to reap all the benefits. And then
decide which meditation you want to continue doing, or you can also go
interspersing the two.

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Induction: Create coherence with the open approach
cerebral and slower brain waves

When you do open focus meditation you will become a particle.
the wave, from the narrow focus of attention you put on people, places and
the things of the outside world, to a broader focus of attention in which
You focus on space rather than material things. After all, if
An atom is composed of approximately 99.9 percent energy.
gy and we are always looking at the particle, maybe it is time that
let us look at the wave, because our consciousness and our energy is-
are very connected and paying attention to our energy is what am-
plifies.

When you use this technique the brain changes naturally, by-
that to do it correctly you have to forget about your analytical mind-
lithic (which as an identity is very busy thinking about beta waves
high). This identity with which you identify yourself is linked to the environment
exterior, to your emotional addictions and habits, and to time. As soon as
you go beyond these elements, you are nothing more than pure consciousness and as
You've seen, the different compartments of your brain begin to co-
communicate better and your brain waves become very orderly: em-
begin to send coherent signals to the rest of the body, like those of the
workshop participants.

Stay present during this meditation, don't try to imagine
nor visualize anything. Simply perceive and feel. If you manage to feel the place
that occupies the space of your left ankle, as well as your nose, and the spa-
space between your sternum and your chest, you will be putting your conscience
company, your mind and your attention in these places. Maybe it comes to your mind
a figure or image (for example, of your chest or your heart),
but don't try to look for it, just be aware of the space there is
within you and around you in space.

This first part of the meditation should last 10 to 15 minutes.

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Meditation: Part One

Now... be aware... of the space... between your eyes... in
space.

Feel... the energy of the space... between your eyes... in the es-
space.

And now... notice... the space... between your temples... in the

space.

Notice... the amount of space... there is between your temples... in the
space.

And now... perceive... the space... that your nostrils... occupy-
bread in space.

Feel... the amount of space... there is inside your ori-
nasal passages... in space.

Feel... the space... between your tongue and the back of your throat.
goose... in space.

And now look... at the amount of space... that the bottom of your gar-
Ganta occupies... in space.

Note... the energy of space... around your ears... in the es-
space.

Beware... the energy of space... beyond your ears... in the
space.

And now look at the space under your chin.
space.

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Notice... the amount of space... there is around your body.
I... in space.

Note... the space... beyond your chest... in space.

And now perceive... the energy of space... that is around you
chest... in space.

Notice... the amount of space... there is beyond your shoulders.
bros... in space.

Feel... the energy of space... that is around your shoulders.
bros... in space.

Look... at the space... behind your back... in the space-
cio.

Perceive... the energy of space... that is beyond your spine-
na... in space.

And now notice... the space... between your thighs... in the spa-
cio.

Notice... the energy of space... that connects your knees... in the
space.

Be aware... of the amount of space... there is around
your feet... in space.

Be aware of the energy of space beyond your feet.
in space.

Be aware... of the space... around your body... in
space.

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Perceive... the energy of space... that is beyond your body...
in space.

And now... be aware... of the space between your body and the
walls of the room... in space.

Feel... the amount of space... that takes up the entire room...
in space.

Be aware... of the space... that occupies all the space... in the-
space.

And now notice... the amount of space... that space takes...
in space.

Make it a possibility:
find the present and remain in emptiness

In the next part of the meditation you will discover the delicious moment
of the present, where everything is possible. To achieve this you must get rid of your
identity and disconnect from the body, the environment and time, because
The longer you remain in the unknown, the more you will attract it to you.
cia ti. And like nerve cells that don't fire together, they don't connect
so close together, you will be silencing the circuits in your brain related
with the old self. As you have seen, these circuits maintain a program-
my subconscious recorded, so if you manage to disconnect from them,
You will also be disconnected from the program. You will no longer be sending
emotionally the same signals to the same genes. And as
your body gradually acquires a more balanced and harmonious state, you
You will discover in the delicious moment of the present and that is where they exist
all possibilities.

If you find that your mind is distracted by thinking about people you know,
your problems, in situations of the past or the future, in your body, your

weight, your pain, your big appetite or even how long this me-
Meditation, notice these thoughts and return to focusing on emptiness
or in the quantum void of possibilities. And then surrender again to the
nothing.

The second part of the meditation should last 10 to 15 minutes.
approximately.

Meditation: Part Two

And now... it's time... to enter the disembodied state...
without me... without matter... without space... without time... to become you
in pure consciousness... in a consciousness in the infinite field of
potential... and to invest your energy in the unknown... And how much
The more you remain in the unknown... the more you will attract a new life.
go... Become simply a thought in the void of what
infinite... and put your attention in the state of no matter... no body-
po... no time...

And if you... as a quantum observer... discover that your mind

return to the known... to the usual... to the people... to the things... or
to the places of reality to which you are accustomed... to your
body... to your identity, to your emotions... to time... to the pass-
do... or the foreseeable future... simply warns that you are pen-
ing in the known... bring your consciousness back to the void of
possibilities... and enters the state of no self... no body... no
matter... without space... without time... Enter the imma-sphere
material of quantum potentials... The more aware you are of
the possibilities... more possibilities and opportunities you are creating-
in your life... Stay present...

[Remain in this state for 10 to 15 minutes.]

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Change your beliefs and perceptions about yourself and your life

In the last part of the meditation you will reflect on that first belief-
company or perception of your life that you want to change. I will ask you if you want
continue to hold that belief and perception. If you answer no,
I will invite you to decide to change it with such a firm intention that it will expand
The amount of energy generated by this decision is greater than that of the pro-
grams recorded in your brain and that of your emotional addictions
body. Your body will then respond to a new mind, a con-
new science.

Next I will ask you: "What do you want to believe and perceive about yourself?"
and your life, and how will you feel when you do it?» Your task will be to enter into
a new state of being. You will have to change your energy by combining
a clear intention with an elevated emotion, and elevate the matter to a
new mind. You should wake up feeling different than when you first
taste like meditating. If so, it means you've changed biologically.

At this point, the past will have ceased to exist because this experience-
larger scale will nullify the program of the old experience.
that the decision you make becomes an unforgettable experience,
because it will now be stored in long-term memory. You will make
an unknown possibility becomes known, which will allow you to stop
let go of the past and live in the future, where the situation you desire has already happ
ceded. Remember not to try to find out when, where, or how
It will happen, you just have to enter a new state of being and then see the future.
that you are creating.

Next I will guide you to change your second belief or
perception, and you will repeat the same process again.

The last part of the meditation lasts approximately 20 to 30 minutes.
mindfully.

Meditation: Part Three

What was your first belief... or perception... about yourself and your life?
what did you want to change?

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Do you want to continue believing and perceiving it that way?

If not... I want you to make a decision... with an intention
so firm... that the breadth generated by that decision... creates a
energy more powerful than that of the programs recorded in your brain
bro... and the one about the emotional addictions of your body... and let it
your body responds to a new mind...

Let this decision become an unforgettable experience.
ble... and that the experience... produces an emotion with a
energy so powerful... that it rewrites programs... and changes your
biology... Get out of the state you have settled into and change
your energy... to be able to change your biology with it...

Now is the time to surrender your past to possibility... and
let the infinite field of possibilities sort it out in the right way
most suitable for you... Let it go.

Now... what do you want to believe and perceive about yourself and your life...
and how will it make you feel?

Come on... it's time to enter a new state of being... and to leave
Let your body respond to a new mind... change your energy
combining clear intention with elevated emotion to
that matter may rise to a new mind...

Let the decision... carry a breadth of energy... more po-
more fragrant than any past experience... and that your body
may be altered by your consciousness, by your energy... it acquires a state-
state of being new... let this moment define you... and let it
This intentional thought becomes an inter-experience
so powerful... that it carries intense emotional energy
that it becomes an unforgettable memory... replacing the re-
remember the past with a new memory in your brain and your body

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po... Come on! Fill yourself with strength... With inspiration... Take a de-
unforgettable decision...

Now... let your body taste the future you desire by showing-
hurt him how he will feel when he believes in him... and that he responds to a mind
new...

And how will you live in this state of being?... What decisions will you make-
rush?... How will you behave?... What experiences will there be in your
future?... What kind of life will you lead?... How will you feel?...
How will you love?... Let the infinite waves of possibilities
collapse into the experience you want in your life...

Teach your body emotionally what it would be like to live this new future.
turo... Come on... open your heart.... And believe in the possibility... Elevate-
you... fall in love with the moment... and experience that future now...

Now surrender your creation to a higher mind... for what
you think and experience in this sphere full of possibilities...
When you really feel it... it ends up manifesting in the future.
ro... going from waves of possibilities to particles in the
reality... from the immaterial to the material... from thought to the
energy in matter...

Surrender... now your new belief to the field of consciousness that already
knows how to organize the result in a way that is perfect
for you... sowing a seed of possibility...

What was the second belief or perception you wanted to change?
about you and your life?... And does it serve you any purpose to continue believing it or
seeing it... like this?

If not, it's time to make a decision with such intention
firm... that the breadth of that decision... carries such energy

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powerful that makes your body respond to a new mind...

that the decision you make is decisive... and becomes an ex-
unforgettable experience... Get out of the state you've settled into
and change your energy so that matter rises to a mind
new... Come on! Fill yourself with strength... Let your energy inspire you-
pire...

Let the energy of the decision... rewrite neurologically
the subconscious programs of your brain... and that also makes
the same at an emotional and genetic level in your body... make it
decision carries a more powerful energy than that of the past... and
Let your energy change your biology... fill yourself with inspiration...

And now... hand that belief over to a higher intelligence... let-
go... and offer it... to the field of possibilities... so that it returns
to become energy...

What do you want to believe and perceive about yourself and your life now?... And how do y
will make you feel?

Come on, enter a new state of being... let your body relax.
elevate a new mind... and may the energy of this decision... re-
sifts through the circuits of your brain... and the genes of your body... and that
This will be released in a new future... You must feel the new energy...
to go beyond the body, the environment and time... and master this-
these three elements... Become a thought that affects the
subject.

Teach your body emotionally... what it would be like to believe this way
way... fill you with strength... get excited about your own great-
za... have courage... be invincible... love life with passion... sen-
unlimited freedom... live as if your prayers had been granted
do... Come on, let your body, as an unconscious mind, savor
your future... by sending new signals to new genes... Your energy

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It is the epiphenomenon of matter... it changes your energy and your body...
Come on, make your mind matter...

How would you live in this state of being? And if you believed in it, what would-
decisions would you make?... How would you behave?... And what experiences would you
would this state of being create for you?... And what would it be like... to heal yoursel
Free, believe in yourself and the possibilities?... Let yourself go...

Bless this future with your energy... This way you will connect to a new destiny... since where you put your attention, you put your energy... Invest in your future... and let it define you instead of you. your past... Open your heart and let your body feel the depth gives emotion produced by your inner experience... and remember that whatever you experience in the world of the unknown- acid... and what you accept emotionally... will end up reducing its frequency as energy... and manifesting in the three dimensions nes as matter...

And now forget about it and don't try to chase a result... Let a higher intelligence take care of manifesting what is most suitable for you...

Put your left hand over your heart... I want you to bless your body... so that it may rise to a new mind... that you bless your life... so that it is an extension of your mind... that bless- tell your future... so that it will never be your past again- do... that you bless your past... so that it becomes wisdom- laugh... that you bless the adversities of your life... so that you allow your greatness to be known... and see the meaning hidden within is behind all things... that you bless your soul... so that you wake up from this dream... and bless the divine that dwells within you... to notice its presence within you... and how it expresses itself through you... and everything around you... to show you the reason for your existence...

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And finally... I want you to be grateful for the new life before you manifest... so that your body, as an unconscious mind, em- piece to experience that future now... Because the emo- national gratitude means that the event has already happened... Since gratitude... is the state par excellence of which receives...

Now simply memorize this feeling... and be aware of your new body... your new environment... and your new time... and when you feel ready, open your eyes.

Epilogue

Become supernatural

Some critics may call the content of this book an apology.
faith healing logy, but at this point in my life this accusation-
I don't care about that, because isn't faith believing in a thought?
more than anything else? Doesn't it mean accepting a thought-
lie - regardless of the conditions of our environment - and deliver-
us to the outcome to such an extent that we live as if our prayers
would have already been fulfilled? It seems like a formula for the pleasure effect.
bo. We've always been our own placebo.

Perhaps the most important thing is not to pray rigorously every day to
that our wishes be fulfilled, but to rise from our meditation-
tion as if our prayers had already been fulfilled. If we do so
Every day we will reach a mental level where we will live in the unknown
known and we will expect the unexpected. And then is when the mysterious
will knock on our door.

The placebo response consists of curing ourselves through thoughts.
ments. After all, a thought is nothing more than an emotion
unmanifested. As soon as we accept this thought emotionally,
you, it begins to become real, that is, it becomes reality. A thought-
I lie without an emotional imprint lacks experience and therefore
is latent, waiting in the unknown to be known. By having
a thought to turn it into experience and then into wisdom,
we are evolving as human beings.

When you look in the mirror you see your reflection and you know you are seeing your appea

physical. But how do the true self, the ego and the soul, see themselves?
Your life is the reflected image of your mind, your conscience, and whoever you are.
you really are.

Members of the spiritual schools of ancient wisdom are not-
They are meditating on top of a Himalayan mountain waiting for
initiate us so that we become mystics and saints, but the
The life we lead is our own initiation into greatness. Perhaps you
and I should see life as an opportunity to go on perfecting ourselves-
nando day by day and overcome our limitations with a greater awareness
expanded. This is how a pragmatic person, rather than a victim,
zada, sees it.

At first it is difficult for us to abandon our usual way of seeing things.
life to accept new paradigms. It is something that we find difficult and in-
comfortable. Why? Because when we change, we no longer feel the same.
themselves. That's why my definition of genius is to be uncomfortable and at the same
It takes time to accept this discomfort.

History is full of admirable characters who fought against

the obsolete beliefs of their time, living outside their comfort zones
modity, who were branded as heretics and madmen and ended up being
considered true geniuses, saints or masters. With the passage of time
time became supernatural.

But how can you and I become supernatural?
To begin, we must do what is most difficult for us, that is, to be gene-
roses in the midst of times of crisis, when everyone feels
surrounded by want and poverty; to love when everyone is angry
and judging others; showing courage and serenity when the rest
is terrified; be kind when others are hostile and aggressive;
surrender to the possibilities when the rest of the world is making its way
not by elbowing to be the first, trying to control the results,
competing fiercely and compulsively to reach the top;
smile knowingly in the face of adversity and cultivate a feeling
of fullness when we are diagnosed with an illness.

In such situations it does not seem normal to take this kind of de-
decisions, but if we manage to do it again and again, we will end up trans-

descending the normal, and you too will become supernatural. And the
More importantly, by being supernatural you will be giving to others
permission to do the same. Mirror neurons are activated when
We observe another person performing an action. Our neurons
reflect hers, as if we were doing the same thing as her.
For example, when a professional dancer dances salsa, you will dance salsa me-
better than before. If you watch Serena Williams throw a ball, you too
you will throw it better than before. If you watch someone directing a
community with love and compassion, you too will conduct yourself in your life
the same way. And if you see a person heal himself from an en-
disease by changing your way of thinking, you will also tend to do the same
same.

I hope that after reading this book you will see that the fundamental belief-
such is believing in yourself and in the field of infinite possibilities, and when you mer
you link your belief in yourself as subjective consciousness with your belief in a
objective awareness, you are balancing intention and surrender. Although
It is not an easy task, because if you exceed your intention (you will be "inten-
tando» pursue the result you want) and you will become your greatest
obstacle, so you won't be able to realize your vision. And if you give in
too much to the result, you will become lazy, apathetic and uncreative. But if
You combine a clear intention with your firm belief in possibilities,
you will enter into the unknown and at that moment it will begin to manifest
the supernatural. I think our best moment is when you and
I find ourselves in that state of being.

When these two states merge, at that moment we drink from a
deepest spring. And as soon as fullness, satisfaction and au-

Love comes from within you because you have ventured beyond what
you believed it was possible and you have overcome the limitations you had imposed on your
When the unusual happens. Feeling happy with yourself in the present
while harboring a dream about your future is a great recipe for it to happen
manifest.

When you feel so full that you no longer care if "it" will happen to you,
It is when incredible things materialize in your life before your very eyes.
eyes. I've learned that feeling full is the perfect state for creating.

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I have seen it time and time again when witnessing real healings in people.
from all over the world. They feel so full that they no longer want to
They do not know anything, they do not feel that they lack anything, they do not try to ac
They catch on to everything and, to their surprise, something bigger than that responds to
themselves and then they start laughing at how simple it was
process.

I hope that this book and my research are a beginning and not
an end. I will undoubtedly be the first to raise my hand and confess that
I don't know everything. Although my greatest joy is when I contribute to the growth
personal lie of someone in a certain way. I have seen the transformation
in many faces and I can say that whatever our culture,
Race or sex, we all put on the same face when we free ourselves from the chains
of our limiting beliefs.

In the world of biology there is a principle that I am passionate about called
emergence. Have you ever seen a school of fish swirling in the same
same direction at the same time? Or a flock of hundreds of birds
in unison as one consciousness, one mind? When
You observe this phenomenon and you might think that all the members of the group
They follow the leader who guides them. It seems that the synchronized movements
two of hundreds or even thousands of organisms doing the same thing at the same time
It may be a "top-down" phenomenon. But in reality, it is not this.
what happens.

Apparently this degree of unity is a "bottom-up" phenomenon.
up». In reality, the group does not have a leader, but everyone leads it.
They are part of the same collective consciousness and do the same thing
time. It's as if they were connected as a whole to a field of in-
formation beyond space and time. It is a community with a
single mind. An organism created from the unity formed by its members
you. The quantities are very powerful.

We have been programmed and conditioned to create subcons-
scientifically that if we lead with too much passion and change the
world, they will end up killing us. Most of the great leaders who

Epilogue Become Supernatural 375

They changed the course of history with a profound message.
"paying" for it with his own life. Whether it's Martin Luther King,
Jr., Mahatma Gandhi, John Lennon, Joan of Arc, William Wallace, Je-
against the Nazarene or Abraham Lincoln, there is an unconscious stigma
which suggests that all visionary leaders should give their lives for the
true. But perhaps we have finally reached a moment in history
a place where it is more important to live for the truth than to die for it.

If hundreds, thousands or even millions of human beings accept a
new consciousness based on possibilities, we align our actions
with our intentions and live according to the wonderful universal laws
verses of love, kindness and compassion, there will arise in the world a
new consciousness and we will experience true union. In this
In this case, we may have to remove many leaders from power.

If you commit daily to bring out the best in yourself and overcome the states
selfish minds motivated by stress hormones—me too
I'm doing the same thing—, we will change the world together by changing
each one inside. And if a large enough number of people
We soften our reactions to become more human, in
this case as communities formed by individuals in the
that we live spread throughout the world, they will end up eliminating the
current mentality based on fear, competitiveness, lack,
hostility, greed, and deceit. And with the passage of time, the new de-
will leave the old behind. I am most concerned that we live in a
world where scientific research is motivated by the pu-
personal interests and often influenced by profits,
I wonder if we have been told the truth about what they are really like.
things. It's up to us to discover it on our own.

Imagine a world inhabited by billions of people.
who, like a school of fish, live as a unit, where all the
world has the same lofty thoughts regarding the possibilities
infinite possibilities and that these thoughts allow them to make better decisions
decisions, be more altruistic and create more enlightening experiences.
People will no longer live by letting themselves be carried away by the emotions of the st
survival practices that are so abundant today, in which they feel

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more matter than energy and are not aware of the possibilities that
have. Instead, they will be moved by more expansive emotions,
truistic and sincere, feeling more energy than matter, being in
contact with something bigger than themselves.

If we succeed, a completely different world will emerge and we will live-

according to a new creed based on opening our hearts. That is what
that I see when I close my eyes to meditate.

Dr. Joe Dispenza

Appendix

Meditation: Change your beliefs and perceptions

If you prefer to record your guided meditation instead of purchasing on my website
one of the versions recorded on CD or MP3, uses one of these two
following texts. The first is a one-hour meditation that con-
It consists of changing two of your beliefs or perceptions, and the second is
a forty-five minute meditation that consists of changing
a belief or perception.

If you decide to record the meditation, stop for a second or two at each
series of ellipses, and for at least five seconds between a
sentence and another. I have added a note after the second part of each me-
meditation to remind you to include a period of silence in your
recording to remain in the unknown before starting the last
part of the meditation, in which you will change one or two beliefs or perceptions
your actions.

1-hour meditation version
(change two beliefs and perceptions)

Now... be aware... of the space... between your eyes... in
space.

Feel... the energy of the space... between your eyes... in the es-
space.

And now... notice... the space... between your temples... in the
space.

Notice... the amount of space... there is between your temples... in the
space.

And now... perceive... the space... that your nostrils... occupy
in space.

Feel... the amount of space... there is inside your orifi-
nasal passages... in space.

Feel... the space... between your tongue and the back of your throat.
goose... in space.

And now look... at the amount of space... that the bottom of your gar-
Ganta occupies... in space.

Note... the energy of space... around your ears... in space-
cio.

Warns... the energy of space... beyond the ears... in the es-
space.

And now look at the space under your chin in the
space.

Notice... the amount of space... there is around your neck...
in space.

Note... the space... beyond your chest... in space.

And now perceive... the energy of space... that is around you
chest... in space.

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Notice... the amount of space... there is beyond your shoulders.
bros... in space.

Feel... the energy of space... that is around your shoulders.
bros... in space.

Look... at the space... behind your back... in space.

Perceive... the energy of space... beyond your spine...
in space.

And now notice... the space... between your thighs... in the-
space.

Notice... the energy of space... that connects your knees... in the
space.

Be aware... of the amount of space... there is around your
feet... in space.

Be aware of... the energy of space... beyond your feet... in
space.

Be aware... of the space... around your body... in the
space.

Perceive... the energy of space... that is beyond your body...
in space.

And now... be aware... of the space between your body and the
walls of the room... in space.

Feel... the amount of space... that takes up the whole room... in
space.

Be aware... of the space... that occupies all the space... in the-
space.

And now notice... the amount of space... that space takes...
in space.

And now... it's time... to enter the disembodied state...
without me... without matter... without space... without time... to become you
in pure consciousness... in a consciousness in the infinite field of po-
potentials... and investing your energy in the unknown... And how much

The more you remain in the unknown... the more you will attract a new life.
go... Become simply a thought in the void of what
infinite... and put your attention in the state of no matter... no body-
po... no time...

And if you... as a quantum observer... discover that your mind goes back-
go to the known... to the usual... to the people... to the things... or to the
places of reality to which you are accustomed... to your body...
to your identity, to your emotions... to time... to the past... or to the future-
predictable... simply warns that you are thinking about the known
acid... bring your consciousness back to the void of possibilities... and en-
is in the state of no self... no body... no matter... no space...
without time... Enter the immaterial sphere of potentials
quantum... The more aware you are of the possibilities... more
possibilities and opportunities you are creating in your life... Stay
present...

[Remain in this state for 5 to 20 minutes, depending on the
time you have available to meditate.]

What was the first belief... or perception... about yourself and your life that
did you want to change?

Do you want to continue believing and perceiving it that way?

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If not... I want you to make a decision... with an intention
so firm... that the breadth generated by that decision... creates a
energy more powerful than that of the programs recorded in your brain
bro... and the emotional addictions of your body... and let your
body responds to a new mind...

Let this decision become an unforgettable experience...
and that the experience... produces an emotion with an energy
so powerful... that it rewrites programs... and changes your biology...
Get out of the state you've settled into and change your energy...
to be able to change your biology with it...

Now is the time to surrender your past to possibility... and
let the infinite field of possibilities sort it out in the right way
most suitable for you... Let it go.

Now... what do you want to believe and perceive about yourself and your life... and how will it make you feel?

Come on... it's time to enter a new state of being... and to leave
Let your body respond to a new mind... change your energy
combining clear intention with elevated emotion so that
matter rises to a new mind...

Let the decision... carry a breadth of energy... more po-
derosa than any past experience... and that your body
be altered by your consciousness, by your energy... it acquires a state
of being new... let this moment define you... and let this
intentional thought becomes an inner experience
so powerful... that it carries an intense emotional energy that is
become an unforgettable memory... replacing the memory
from the past with a new memory in your brain and body... Come on!

Gaa! Fill yourself with strength... With inspiration... Make an unforgettable decision possible...

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Now... let your body taste the future you desire by showing-
hurt him how he will feel when he believes in him... and that he responds to a mind new...

And how will you live in this state of being?... What decisions will you make?...
How will you behave?... What experiences will there be in your future?...
What kind of life will you lead?... How will you feel?... How will you love?
rush?... Let the infinite waves of possibilities collapse into the
experience you want in your life...

Teach your body emotionally what it would be like to live this new future.
turo... Come on... open your heart... And believe in the possibility... Elevate-
you... fall in love with the moment... and experience that future now...

Now surrender your creation to a higher mind... for what
you think and experience in this sphere of possibilities... when you
you truly feel... ends up manifesting in the future... going from
the waves of possibilities to the particles in reality... of the
immaterial to the material... from thought, to the energy in the ma-
would...

Surrender... now your new belief to the field of consciousness that already
knows how to organize the result in a way that is perfect
for you... sowing a seed of possibility...

What was the second belief or perception you wanted to change about-

about you and your life?... And does it serve you any purpose to continue believing it or
?

pain... like this?

If not, it's time to make a decision with such firm intention.
me... that the breadth of that decision... carries such a powerful energy-
derosa that makes your body respond to a new mind... that
the decision you make is decisive... and becomes an experience-
unforgettable experience... Get out of the state you have settled into and change

Appendix Meditation: Change Your Beliefs and Perceptions 383

divert your energy so that this matter may rise to a new mind...
Come on! Fill yourself with strength... Let your energy inspire you...

Let the energy of the decision... neurologically rewrite the
subconscious programs of your brain... and that it also does the same
same at an emotional and genetic level in your body... make the decision
sion carries a more powerful energy than that of the past... and leaves
Let your energy change your biology... Fill yourself with inspiration...

And now... give that belief to a higher intelligence... let it go
go... and offer it... to the field of possibilities... so that it may return to con-
pour into energy...

What do you want to believe and perceive about yourself and your life now?... And how do y
will make you feel?

Come, enter a new state of being... let your body rise-
go to a new mind... and let the energy of this decision... rewrite
the circuits of your brain... and the genes of your body... and that it is
release into a new future... You must feel the new energy... to go
beyond the body, the environment and time... and master these three
elements... Become a thought that affects matter...

Teach your body emotionally... what it would be like to believe this way

way... fill you with strength... get excited by your own greatness...
have courage... be invincible... love life with passion... feel il-
half... live as if your prayers had been fulfilled... Come on,
Let your body, as an unconscious mind, savor your future...
sending new signals to new genes... Your energy is the epipheno-
less of the matter... change your energy and your body... Come on, do it
let your mind matter...

How would you live in this state of being? And if you believed in it, what would you say?
sions would you take?... How would you behave?... And what experiences

Would this state of being be created for you?... And what would it be like... to heal, to
Believe in yourself and the possibilities? Let yourself go...

Bless this future with your energy... This way you will connect to a new
destiny... since where you put your attention, you put your energy... In-
pour into your future... and let it define you instead of your
past... Open your heart and let your body feel the deep
emotion produced by your inner experience... and remember that it is
whatever you experience in the world of the unknown... and the
that you accept emotionally... will end up reducing its frequency
as energy... and manifesting in three dimensions as ma-
would...

And now forget about it and don't try to chase a result... let
that a higher intelligence takes care of manifesting what is appropriate
square for you...

Put your left hand over your heart... I want you to bless your
body... so that it may rise to a new mind... that you bless
your life... so that it may be an extension of your mind... that blessed-
gas your future... so that it never becomes your past again... that
bless your past... so that it may become wisdom... may you bless
tell the adversities of your life... so that they allow you to know your
greatness... and see the meaning hidden behind all the co-
sas... bless your soul... so that it may wake you from this dream...
and bless the divine that dwells within you... to notice its presence
ence inside you... and how it expresses itself through you... and everything
everything around you... to show you the reason for your existence...

And finally... I want you to be grateful for the new life before it is gone.
manifest... so that your body, as an unconscious mind, begins
to experience that future now... Because the emotional imprint

of gratitude means that the event has already occurred...
Since gratitude... is the state par excellence of the one who receives...

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Now simply memorize this feeling... and be aware of it.
your new body... your new environment... and your new time... and how-
When you feel ready, open your eyes.

45-minute meditation version
(change a belief or perception)

Now... be aware... of the space... between your eyes... in the
space.

Feel... the energy of the space... between your eyes... in the es-
space.

And now... notice... the space... between your temples... in the
space.

Notice... the amount of space... there is between your temples... in the
space.

And now... perceive... the space... that your nostrils... occupy
in space.

Feel... the amount of space... there is inside your orifi-
nasal passages... in space.

Feel... the space... between your tongue and the back of your throat.
goose... in space.

And now look... at the amount of space... that the bottom of your gar-
Ganta occupies... in space.

Note... the energy of space... around your ears... in the es-
space.

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Beware... the energy of space... beyond your ears... in the es-
space.

And now look at the space under your chin in the
space.

Notice... the amount of space... there is around your neck...
in space.

Note... the space... beyond your chest... in space.

And now perceive... the energy of space... that is around you
chest... in space.

Notice... the amount of space... there is beyond your shoulders.
bros... in space.

Feel... the energy of space... that is around your shoulders.
bros... in space.

Look... at the space... behind your back... in space.

Perceive... the energy of space... beyond your spine...
in space.

And now notice... the space... between your thighs... in the-
space.

Notice... the energy of space... that connects your knees... in the
space.

Be aware... of the amount of space... there is around your
feet... in space.

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Be aware of... the energy of space... beyond your feet... in
space.

Be aware... of the space... around your body... in the
space.

Perceive... the energy of space... that is beyond your body...
in space.

And now... be aware... of the space between your body and the
walls of the room... in space.

Feel... the amount of space... that takes up the whole room... in
space.

Be aware... of the space... that occupies all the space... in the-
space.

Perceive... the amount of space... that space takes... in the-
space.

And now... it's time... to enter the disembodied state...
without me... without matter... without space... without time... to become you
in pure consciousness... in a consciousness in the infinite field of po-
potentials... and to invest your energy in the possibility... And the more
The more you remain in the unknown... the more you will attract it into your life... With-
simply pour yourself into a thought in the void of infinity...
and enters the state of no matter... no body... no time...
The more you focus your attention on the unknown... the more you will attract
a new life.

Let your consciousness move from particle to wave... from matter to con-
science... from the material to the immaterial... from time and space to
without time and without space... from the world of the senses... to the world

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beyond the senses... from the known to the unknown... And if
You... as a quantum observer... discover that your mind returns
the known... the people you know... the things... or the places
doors of your reality to which you are accustomed... to your body... to
your habits, your identity, your emotions... time... the pass-

do... or the foreseeable future... simply warns that you are pen-
using the known... return your focus to the emptiness of possibility
dades... and enters the state of no self... no body... no matter...
without space... without time... Enter the immaterial sphere of the
quantum potentials... in the emptiness of eternity... and how much
the more aware you are of the possibilities... more possibilities and opportu-
opportunities you are creating in your life... Stay present...

[Remain in this state for 5 to 10 minutes, depending on the weather.]
[of which you have available to meditate.]

What was the first belief... or perception... about yourself and your life that
Did you want to change?... And do you want to continue believing it and perceiving it in t
that way?... If not... I want you to make a decision with a
such a firm intention... that the breadth generated by that decision
create a more powerful energy than that of programs recorded in
your brain and your body's emotional addictions... let them
your body responds to a new mind... may this decision be con-
pour into an unforgettable experience... and that inner experience
produces an emotion with such powerful energy that it rewrites
the programs and change your biology...

Get out of the state you've settled into and change your energy...
to be able to change your biology with it... Come on! Let this tell you
Inspire and transcend your past. Fill yourself with inspiration and strength!
Let your energy inspire you... and now give that belief to a
higher intelligence... to a higher mind... let it go and offer-
seal it to the field of possibilities so that it can become itself again
energy...

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Now what do you want to believe and perceive about yourself and your life... and
How will that make you feel?... Come on... enter a new state of
be... let your body rise to a new mind... and let the ener-
The reason for this decision is to rewrite your brain circuits and change the
genes of your body... and let your body free itself from the past by living
A new future... Change your energy by combining an intention
clear with a high emotion so that the matter rises to a
new mind... and let the decision carry a breadth of energy
more powerful than any experience of the past... and that
your body is altered by your consciousness, by your energy... it acquires
a new state of being... let this moment define you... and let
that this inner process, this experience, carries an emotional energy-
national so powerful that it becomes an unforgettable memory...

And now teach your body emotionally what it would be like to believe this way.
way... fill you with strength... get excited by your own greatness...
be invincible... have courage... love life... feel unlimited...
live as if your prayers have been fulfilled... Let your
body tastes this future, and sends new signals to new genes.
Your energy is what affects matter and when you change your ener-
gy, you change your body... Come on, make your mind matter... Since
In this new state of being, how would you live?... What decisions would you make?
you would laugh... how would you behave... what experiences would you have?... And
how would you feel... believing in the possibilities... in you... in that you
cures... in which you are free... in which you are excited by your energy?...
Come on, make your future come alive... Create it, fall in love with it. Des-
from this state of being, support it with your attention.... since there where
You pay attention, you put in the energy... Invest in your future by observing-
pain... and let it be the one that defines you instead of your past... Open
your heart and let your body feel the deep emotion produced
decided by your inner experience... since anything you experience
minds really as a possibility and you emotionally accept... you
will eventually find itself in the future... If it were a thought... it would
will transform into energy... into matter... and now forget about it,

surrender your creation... to a higher intelligence... and let it be
take care of the result in the perfect way for you.

Put your left hand over your heart... I want you to bless your
body... so that it may rise to a new mind... to a new energy-
go... May you bless your life... so that it may be an extension of your
mind... and so your state of being... is reflected in your world... How bless-
tell your future... so that it never becomes your past again...
that you bless your past... so that it becomes wisdom... that
Bless the challenges of your life... so that they allow you to know your
greatness... that you bless your soul... so that it may awaken you from this
dream and guide you... and that you bless the divine that dwells in you... for
May its energy flow in you... through you... and around you.
dor... and his mind becomes yours... and his nature... becomes-
pour into your nature... and his will... becomes your will-
tad... and his love for life... becomes your love for life...
and to reveal himself to you by sending you a sign... in your life in some way
way... so you can see that it's real... And now after sending the
signal with your thoughts... and attract the situation you want with
your intense emotion... I want you to feel a state of gratitude... and
that you give thanks... for your new life before it manifests...
Because the emotional imprint of gratitude means... that the
event has already occurred... and the longer you remain in this
state of gratitude... the more you will attract your new life... since grati-
Your state is par excellence the one who receives... And now pour your
attention on the new body... the new life... and the new future that

you want to achieve... and when you feel you are ready... open the eyes.

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See note 1.

Chapter 2

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Chapter 3

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About the author

Joe Dispenza DC first caught the public's attention by being
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You know!? Since it premiered in 2004, it has been expanding, deepening-
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fundamental questions, and all of them reflect his passion for exploring how
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As a teacher and lecturer, he has been invited to speak publicly
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Teriza, how to reprogram the brain and recondition the body
to produce lasting changes. In addition to offering a variety of
Provides online courses and teleclasses, and teaches workshops all over the world
progressive three-day courses and advanced five-day courses.

As a researcher, Dr. Joe Dispenza analyzes the science behind it.
Behind spontaneous remissions and how people heal themselves
of chronic ailments and even terminal illnesses. Lately
you have begun to partner with other scientists to carry out exten-
his research on the effects of meditation during his workshops
advanced. He and his team are dedicated to performing brain mapping with
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